Officially reported, after elaborate competitive tests made under authority of Congress by the Chief Chemist of the United States Agricultural Department, *Superior to all other Baking Powders in Leavening Strength.*

ABSOLUTELY PURE.

The most Careful Housewife will use no other.

ROYAL BAKING POWDER CO., 106 WALL ST., NEW-YORK.

A WOMAN'S HEART.

ONE DISEASE THAT BAFFLES THE PHYSICIAN.

The Story of a Woman Who Suffered for Nine Long Years—How She Was Cured.

Valvular disease of the heart has always been considered incurable. The following interview therefore will interest the medical profession since it describes the successful use of a new treatment for this disease. The patient is Mrs. George Archer of Clifton, N. J., and this publication by the *News* is the first mention made of the case by any newspaper. All physicians consulted pronounced the patient suffering with valvular disease of the heart and treated her without the slightest relief. Mrs. Archer said: "I could not walk across the floor; neither could I go up stairs without stopping to let the pain in my chest and left arm cease. I felt an awful constriction about my arm and chest as though I were tied with ropes. Then there was a terrible noise at my right ear like the labored breathing of some great animal. I have often turned expecting to see some creature at my side.

"Last July," continued Mrs. Archer, "I was at Springfield, Mass., visiting, and my mother showed me an account in the *Springfield Examiner*, telling of the wonderful cures effected by the use of Dr. Williams' Pink Pills for Pale People. My mother urged me to try the pills and on November 25th last I bought a box and began taking them, and I have taken them ever since, except for a short interval. The first box did not seem to benefit me, but I persevered encouraged by the requests of my relatives. After beginning on the second box, to my wonder, the noise at my right ear ceased entirely. I kept right on and the distress that I used to feel in my chest and arm gradually disappeared. The blood has returned to my face, lips and ears, which were entirely devoid of color, and I feel well and strong again.

"My son, too, had been troubled with gastritis and I induced him to try the Pink Pills with great benefit. I feel that everybody ought to know of my wonderful cure and I bless God that I have found something that has given me this great relief."

Dr. Williams' Pink Pills are now given to the public as an unfailing blood builder and nerve restorer, curing all forms of weakness arising from a watery condition of the blood or shattered nerves, two fruitful causes of most every ill that flesh is heir to. These pills are also a specific for the troubles peculiar to females, such as suppressions, all forms of weakness, chronic constipation, bearing down pains, etc., and in the case of men will give speedy relief and effect a permanent cure in all cases arising from mental worry, overwork or excesses of whatever nature. The pills are sold by all dealers or will be sent postpaid on receipt of price, (50 cents a box or 6 boxes for $2.50—they are never sold in bulk or by the 100) by addressing Dr. Williams' Medicine Company, Schenectady, N. Y.

CARELESS ABOUT THE TEETH.

The Great Majority Are Negligent In This Important Matter.

Much has been and will be written on the care of the teeth because so many persons do not appreciate these valuable organs of mastication. If teeth are well cared for and regularly inspected by the dentist, decay will hardly have an opportunity to do great harm before it is stopped. Decay often has its beginning in bits of food sticking between the teeth and forming the starting point of a diseased tooth.

The toothpick should be used regularly after each meal and after eating. It need not necessarily be employed during a meal or be carried like a cigar in the mouth after eating, but in the privacy of one's room the quill toothpick should search out each corner and angle between the teeth, and all foreign matter should be removed; then the toothbrush should be used, and, as the spaces between the teeth are vertical in a standing person, so the toothbrush should be used up and down rather than across, so that fresh water may be scrubbed between each tooth.

The toothbrushes that shed bristles are not desirable articles of the toilet, for not only are the loose bristles a great annoyance, but they may even work in between the teeth and in the gums and cause painful points. Such loose bristles usually come from cheap brushes or those used for too long a time.

These injunctions about the care of the teeth have to be repeated again and again, because it is such a matter of everyday observance that persons careful in other matters are careless about their teeth. As the teeth are not only very visible, and when in a bad state very prominent, but are aids to digestion, and if imperfect may lead to dyspepsia and kindred troubles, they should be scrupulously cared for.—Popular Health Magazine.

JOHN BOYD THACHER A WITNESS

He Fully Verifies a Disputed World's Fair Award.

John Boyd Thacher is laconic and decisive in his statements. During the lively campaign just closed in New York this marked him especially as Chairman of the Democratic State Committee. It was equally true of him as Chairman of the Executive Committee on Awards at the World's Fair. This is the positive and sententious way in which he verifies in an official letter the honors won by Dr. Price's Baking Powder: "I herewith inclose you an official copy of your award, which in due time will be inscribed in the diploma and forwarded." Thus the question respecting the award, raised by an envious New York rival, is settled beyond cavil. This same rival, by the way, is widely advertising an award for itself. The official records prove this claim wholly false, as they show the New York pretender was not so much as an exhibitor at the World's Fair.

Soul Communion Day.

The last of the 17 days set apart by the World's fair management for "the parliament of religions" is monthly whole world soul communion day and the sixth anniversary of its institution, Sept. 27.

The first whole world observance was on the 27th of September, 1886, when "there was silence in heaven for the space of one-half hour," when a greater or less number of the worshipers of all the great religious faiths of the world united for 30 minutes (time at all points corresponding with the half hour intervening at Salem, Or., between 12 meridian and 12:30 past meridian) in invoking universal peace and new and higher inflowings of spiritual light.

Of course the World's fair management did not know in setting apart the 17 days between and including Monday the 11th and Sept. 27 that "the parliament of religions" would terminate its session on the anniversary of this the most universal religious movement ever instituted among men, but such is the fact, and being so it is eminently proper that the brief universal prayer season of half an hour should on that day be accorded to soul communionists and all who will unite with them in invoking with unific soul impulses "peace on earth and good will among men." Soul communionists will ask no more of the fair management, as they are silent workers.

The time of observance in Chicago will be from 2:20 to 2:50 p. m., when there and then will be gathered worshipers from all the shrines of earth, and some of all of whom will have been divinized by continuous previous observances in the most interior spirit of the movement. This is "the universal prayer gauge," which a distinguished English scientist some years ago called for, and its proofs of the efficacy of unity of thought and aspiration for the common good have been wonderful and will be more wonderful.—H. N. Magnire in New York Sun.

Only Rich Officers Need Apply.

It is somewhat hard to find suitable officers of the army and navy to occupy the places of military and naval attaches to the United States legations in foreign countries. To satisfactorily fulfill the duties of these posts plenty of money is an essential requisite. A man attached in such a capacity to the embassy at Paris or at London needs a private fortune to keep up with the social requirements of the situation. He must move in the most richly gilded swim and must meet all sorts of unusual expenses. It is expected of him that he shall live like a gentleman of rank and wealth, because the attaches at the legations of other nations are rich and noble.

A clear understanding of these facts would lessen the number of applications for these places which are sent in by young officers to the departments of war and navy at Washington. They desire the appointments for the sake of the agreeableness of the duties and the social prestige belonging to them, not realizing that they could not keep up appearances decently on their pay alone.—Washington Star.

The Promise to Obey.

The promise to obey ought no longer to be either asked or given. Men as well as women are learning to regard it as a relic of barbarism. One young man of my acquaintance acted as "best man" to a friend who was married by the Episcopal service. He was scandalized by the bride's promise to obey and wrote to his own sweetheart a letter of indignation and dismay. He said he hoped it was not customary with other denominations to use a similar form, for he should dislike exceedingly to have her promise to obey him. She answered that he need give himself no uneasiness; she had not the smallest intention of promising anything of the sort. They have been married 10 years and are a very happy couple.

Methodist ministers are now forbidden to exact the promise to obey, and it is fast going out of use in all denominations that are not tied to a fixed ritual.—Boston Woman's Journal.

The Largest Block of Coal.

An enormous cob of cannel coal was recently raised from the Abram collieries, Wigan, and sent by train to the Alexandra dock, Liverpool, for shipment to Boston. It is said to be the largest block of coal ever dug from the earth and weighs over 12 tons. It took nine months to hew it out of the seam. It is said that the cost of obtaining it was £1,000, or about £83 per ton. When raised, the cob was inclosed in a case of planks, the weight of cob and case being 13 tons 11 hundredweight. From Boston the coal will be conveyed by train to Chicago for the World's fair. There have also just been shipped from Liverpool several large blocks of salt rock from the Cheshire salt district. Some of them are skillfully carved into figures.—London Tit-Bits.

Walking Is an Inexpensive Panacea.

Walking, the best of all exercises for the well, because the most natural, should be a duty, just as are eating, drinking or sleeping, and the cares and supposed duties of the home should be laid aside until it has been enjoyed. Within a prescribed circle, dwelling upon unworthy cares oftentimes, allowing duties to magnify until they become curses, dwarfing the soul to gain a passing show for the body—these are the things that women indulge in too often. Physical exercise, open doors and plenty of air are the panacea for all these ills.—Exchange.

Artists' Opinions of Women's Forms.

William M. Chase says that while in the old days women's forms were the most beautiful those of the men are finer in this century. That is because the women sit in the house and gather fat and then try to make people believe them lean by pinching their waists out of shape and cramping their feet. Carroll Beckwith also holds that the most perfect types are found among the men, but holds that the feminine approaches its best type more frequently than the masculine.—Buffalo News.

SAW AN INDIAN SEANCE

A Washington Correspondent Describes a Strange Scene.

STERN AND VINDICTIVE SPIRITS.

They Were Disposed to Resent Any Resistance of Their Control From the Mediums—The Seance Was Held In the Open Air at High Noon.

Toward the close of the season, when the crowd of the curious has thinned out and those who remained were for the most part thorough believers, there was enacted at Lily Dale the strangest performance ever seen on a spiritualistic camp ground, writes the Washington correspondent of the St. Louis Globe-Democrat. "An Indian seance" was what the promoters called it. The spectators agreed that in years of steady attendance upon manifestations and materialization they had never seen anything quite like this. The Indian seance was held in broad daylight. More than that, it was conducted out of doors.

There was no humbug about this Indian seance. That is to say, whether spirits had anything to do with the performance, the manifestations were honest. The mediums undoubtedly passed under the control of something. They were not shamming. They were not acting parts. They were for the time being irresponsible as so many lunatics.

An old time medium from Buffalo, Mrs. Van Buskirk, presided, so far as there was any direction of the proceedings.

"Um-m-m-ugh!" came from outside of the benches. Everybody turned to look. A heavy, rather good looking young man was passing under some queer influence. His face was scowling, and his shoulders were twitching. The man lurched forward into the space left by the arrangement of the benches. Without a word he began to gesticulate vigorously, at the same time working his face as if to indicate great satisfaction because he had been allowed to come. The other mediums and believers encouraged him with applause and laughter and pleasant words. The Indian control grew more and more demonstrative and wound up the astonishing performance by shinning up a tree. At that the spectators laughed loud and long. The medium came down from the tree. He rubbed his eyes and temples after the

THE INDIAN SEANCE.

manner peculiar to mediums when they come out of a trance. His face resumed its natural expression. He picked up his hat and walked out of the temple.

Immediately a young lady, well dressed and attractive of feature, left her seat, and with a sliding, pantherlike step moved out into the opening. Her face was wreathed in smiles. As she moved about she didn't speak. Her eyes were almost closed. With her right hand she beckoned encouragingly, while with her left she seemed to be warding off something visible to her, but unseen by those looking on.

"When she moves her right hand," said Mrs. Van Buskirk, "it means that she is reaching out for some good spirit. The motions with the left hand are to ward off the bad influence."

When she had made two or three circuits of the open space, all the time smiling and waving her arms, still continuing that curious gliding movement, the young lady began to mutter, but in such a low tone that what she said could not be distinguished. She dropped into a seat beside a lady and talked confidentially several minutes. Then, like one slowly and easily arousing from a nap, she opened her eyes widely and was herself again.

Toward the close of the individual performance just described another altogether different began. Myra Paine is known to many of the older spiritualists of the country. She has been a medium 20 years or more. Before the young lady had left the open space Myra Paine was in the center of it, striking out with both hands and talking loudly and excitedly. More correctly speaking, from the spiritualistic point of view, it was not Myra Paine doing this, but the Indian spirit controlling her. The drift of the talk was a harsh scolding of Myra Paine for having, as the spirit said, resisted its coming.

"Squaw didn't mean to let brave come," said the spirit, "but brave was too much for squaw. Brave did come. Brave had to fight squaw to get here, but brave was stronger than squaw. Now brave is going to stay just as long as he pleases.

"Brave will whip squaw for trying to keep him away," exclaimed the spirit. Thereupon Myra Paine began to slap and strike herself, not gently, but at the same time not in such a way as to do much damage. "Brave will teach squaw better than to keep him away another time," said the spirit threateningly, all the time keeping up the pounding. "Brave is master now, and he'll show squaw that she can't do as she is a mind to."

Then followed the strangest part of this scene. As if with some invisible person, Myra Paine struggled and wrestled about the space. At last, as if the unseen power had got the better of her, she was suddenly thrown prostrate on the ground.

Mrs. Van Buskirk supported the fragile woman for a few minutes and then led her to her seat. Later in the seance Myra Paine came forward and in right mind said that she owed an explanation. It was true that she resisted the coming of her Indian control. For a long time she had kept the Indian spirit from coming, and she believed that she had done very wrong. In the past year she had felt at times a loss of mediumistic power, and she now believed that her bad treatment of her Indian control was the cause of it. She felt that she deserved what they had just seen.

These performances in the temple went on in rapid succession for a couple of hours. The Indian seance left no traces of fatigue upon the mediums.

A Great Paris Bootmaker.

France has lost one of its greatest men. M. Godilot is dead. His specialty was boots. He had an enormous manufactory near Paris, probably the largest of its kind in existence, and would turn out an order for, say, 30,000 pairs of boots for the army with the utmost dispatch. His name lives in the French slang of the day, for his manufacture is so well known that Frenchmen commonly talk, not of their boots, but of their "godilots."—London Tit-Bits.

Our Friend the Earl, Ye Know.

Through the death of the late Earl of Derby a blue ribbon of the Order of the Garter is at the disposal of Mr. Gladstone. The honor of wearing this badge is much sought after. It will be gratifying to many Chicagoans to learn that it is likely to be conferred on the Earl of Aberdeen, who was recently in this city.

He Could Read It.

Clerk—I can't read this letter. The handwriting is very bad.

Mr. Flareup—Pshaw, any donkey can read it. Give it here.—Texas Siftings.

Dr Price's Cream Baking Powder. World's Fair Highest Award.

Preferred Prison to Liberty.

Robert Robinson, better known as "Old Bob," a life convict in the northern prison, died Friday night at the age of 80. Robinson was notorious throughout all the northern part of Indiana among the thousands of excursionists who annually visit the prison as perhaps the first one on record who positively refused a pardon and regarded the prison as an acceptable home.

Robinson was sent to the prison at Jeffersonville, Ind., in 1857 from Wayne county to serve a life sentence for murder. After serving two years there he was transferred with others to this city to assist in building the northern prison. After the labor was finished he worked on contracts until he grew old, and then during the wardenship of the late Charles Mayne in the seventies he became a "trusty" and a farmhand. As he advanced in age his oddities grew upon him. Early in his prison career he formed a strong attachment for dumb animals and made pets of dogs, rabbits, squirrels and foxes. He also developed into a great hunter and trapper and would frequently turn his skill to financial account.

Once during the Mayne regime Bob got lost while hunting in Porter county, west of the city, and actually hired a man to bring him back to the prison. In 1877 Governor Williams offered Robinson a pardon, but he rejected it.—Michigan City Cor. Chicago Tribune.

Through Trains on Trunk Lines.

The 26 west bound trains which run daily on the 8 railroads connecting New York with Chicago average only 8 through passengers each. The joint committee of the Trunk Line and Central traffic associations infers from this small number of through passengers that there are too many through trains running on all the roads. They use this as an argument that the New York Central should not put on its 20-hour limited between New York and Chicago and report that through trains ought to raise their fares as their time is quickened, adding the following extra rates to the regular fares:

Twenty-six hours	$3
Twenty-four and one-half hours	8
Twenty-two and one-half hours	8
Twenty and one-half hours	10

This would make the cost of a trip on the Central's 20-hour limited, with $5 for the sleeping car, $35 each way, or $70 for the round trip.

The attempt to gauge the profits of running through trains by the number of through passengers is in the highest degree fallacious.—New York Advertiser.

Criticism of a New Yorker.

The most insignificant atom in all creation has its uses. A foolish little dirty wisp of straw may show which way the wind blows. The bristle of a pig may be utilized for scrubbing purposes. And although it is hard to see at first what possible cause so infinitesimal a molecule as that tiny bit of dried up, grayish matter known as the brain of Ward McAllister may subserve, certain it is that even that apparently worthless bit of sponge may point a moral and disfigure—not adorn—a tale to some purpose. At the sight of the great prince of bottle washers and menu makers our scorn will vanish, and we shall be lisping cringingly, as I heard a Chicago belle murmur to a New Yorker the other day, "I am afraid you find us very crude after New York." That is the way to invite contempt. If we run to Ward McAllister or after him and vie with each other in filling his jaded maw with the best our chefs afford, we shall be as bad as he.—Chicago Post.

Crowds In London.

English reporters can never agree upon the number of people in a crowd. Estimates of the numerical strength of the eight hours' meeting in Hyde park ranged from 30,000 to 500,000, while the actual number was probably about 100,000. The figures given in connection with Wednesday's loyal demonstration differed almost as absurdly, the lowest estimate being 150,000 and the highest 750,000. Police calculation, which is generally fairly reliable, puts the number at 300,000, reckoning people all along the route. At some favorite spots the crush was tremendous, but there were surprisingly few casualties. The Metropolitan corps of the St. John Ambulance brigade was on duty. The staff consisted of 3 surgeons, 12 ambulance officers, 11 nursing sisters and 81 rank and file, while the transport consisted of 4 pairs horse ambulance wagons, a wheeled litter and 30 stretchers. A hundred and fifty cases were treated, mostly faints.—London Letter.

The Jersey Peach Crop.

A letter from Flemington, N. J., says: Two hundred and ninety replies to 300 inquiries sent out to the largest peach growers in this part of the state regarding the prospects for this year's crop substantially report that the prospects for a very large crop are good. The cold spring weather retarded the growth of peach buds until the late frosts were over. The buds are opening now and are healthy in appearance. In the year of a full crop Hunterdon county has yielded 1,500,000 baskets. It is expected that that number will be exceeded this year. Similar encouraging reports come from Warren, Somerset and Sussex counties, where the peach interest has greatly developed in the last five years.

The Oldest Inhabitant Gone.

Amos Andrew Parker of Fitzwilliam, N. H., died Friday.

He had several titles to fame, the chiefest being that he was probably the oldest person in New England. He had reached the truly remarkable age of 101 years 7 months and 4 days, and up to the very last all his bodily and mental faculties were in an excellent state of preservation. He was graduated from the University of Vermont in 1813 in a class of 10 members, the next oldest of whom died in 1872.

Mr. Parker was an editor and lawyer. The journalistic profession is surely not conducive to longevity, so that the case is a very remarkable one.—St. Johnsbury (Vt.) Republican.

The Telegraph In China.

In a recent report United States Minister Denby of Peking says that by virtue of the Russo-Chinese telegraph convention the Chinese land telegraph lines have been connected with the Russian system. Messages can now be sent to all parts of the world from any telegraph station in China.

Since the negotiation of this convention, the cable companies have added 15 per cent to their charges, but messages can be sent on the Chinese lines at the previous rate of $2 per word, the cost of transmission across the Atlantic being added.

He Chose the Gold Cure.

The city authorities at Lemars, Ia., have begun the enforcement of a novel penalty for drunkenness. The city council passed an ordinance which required that any person arrested twice for drunkenness have his choice between reformation and hard labor. He must make up his mind to take either a course of treatment at a bichloride of gold institute or work on the streets of the city for 10 days with a ball and chain. The ordinance is now in force, but so far only one man has been twice arrested. He chose the gold cure.

WORKING WOMAN'S DRESSMAKING.

True Economy Is In Caring For Health, Not In Saving Dressmakers' Bills.

Every one, so they say, has a pet economy, and the business woman, the working woman, always tries to economize by doing her own dressmaking. She likes to dress well, and it does seem so extravagant to pay so much for what she might do herself. It requires a brave woman to attack her headgear, but with clever fingers and good taste a dress doesn't seem such an undertaking, and often it quite saves the price of another gown.

But really you ought not to do it at all. If your day's work is fulfilled conscientiously, you ought to give the evenings to rest and amusement. You would only sit and read, you say? Well, then, just sit and read. Reading doesn't give you that sharp pain in your side. Reading doesn't key you up to a point of feverish excitement because you want to get so much done.

If you like to sew you can always have a dainty bit of fancy work on hand, or if you have set your heart on some luxurious addition to your wardrobe that will give you exercise for your needle. Then there is always your mending, and the really dainty woman finds more than enough to fill the time she should give to evening employment. But, as for dressmaking, don't try your tired eyes with it at night. Every little worrysome pucker in the dress is going to leave a little worried wrinkle in your face, and every new gown will increase that miserable nervousness that preys upon so many American women. Evening is not the right time to conquer complicated dress patterns, and you had much better do with fewer dresses and hand your material over to the professional dressmaker, who perhaps just needs your work to pay for some help that will give her a little time for rest.

A man never thinks of attempting to make his own clothes as an economic measure, but a woman clings to quality and quantity of raiment and heads her list of economies by making it up herself. That does very well for the woman whose days are her own, though often enough it would pay her better to depend on some one else, but for the woman who has only the evenings for all the little odd jobs that somehow belong to a woman's life it is bad policy to add evening dressmaking to her daily duties and means a weary middle age, lacking energy for duty and application for pleasure.—Philadelphia Times.

Vegetable Salads.

Vegetable salads are among the most acceptable dishes that can be prepared for a summer repast. They tempt the appetite and impart a flavor to the rest of the meal. While the art of making and serving them is very simple, care should be taken in their preparation.

The dressing for a variety of vegetable salads is the same, yet different flavors may be delicately added, always being careful that one does not predominate over another. It is very important to have only the best ingredients, as wilted vegetables and inferior seasoning will not make good salads. The quantity of oil to be used is rather difficult to decide, but two tablespoonfuls to one of vinegar is the usual proportion for plain dressings, while more is required for mayonnaise.

Lettuce salad should be dressed only with oil, vinegar, pepper and salt.

Salads are rendered much more attractive when prettily garnished with fresh green leaves, vegetable blossoms, rings of hard boiled eggs, sliced lemons and fancy designs cut out of radishes, beets or turnips.

The dressing should never be added to the prepared vegetable until ready to serve, when the salad should be stirred as little as possible in order to retain its freshness.

The vegetables best suited for salads are lettuce, asparagus, dandelion, celery, cauliflower, water cress, beets, string beans, cabbage, potatoes, cucumbers and tomatoes.—Harper's Bazar.

A Loss to Temperance Women.

The unexpected death of Mrs. A. C. Thorp of Cambridge will be deeply felt in the Woman's Christian Temperance union. She had been prominently identified with the work not only in Cambridge, but in the state at large. When she went to California some time ago, she took with her her enthusiasm for this work and met with a very cordial welcome from the union workers there. Though she went for refreshment and rest, she was not content to be idle. She was charmed with the magnificent scenery of the Pacific slope and wrote of it in the most glowing terms.

Mrs. Thorp was interested in many social movements, and her home in Cambridge received many of those who were engaged in promoting them. The Woman's club in Santa Barbara, Cal., gave her a very hearty greeting. For their meeting she wrote some verses expressing her keen appreciation of the delights of the country in which she was sojourning. They also reveal much of the deep religious and poetic fervor of her mind. There is in them, as it now seems, almost a hint of a premonition of the end. She wrote that "the old were seldom weary," and that "the fainting spirit rallies as it takes its flight above," almost as if conscious that she was soon to take her departure, in a ripe old age, from the land of flowers.—Boston Globe.

Two Women Detectives.

The largest New York "provider" employs two women detectives—Lena Vorzemer and Eva Peyser. They are both mere girls. They receive high salaries, have the run of a lavish wardrobe and completely change their attire twice a day—so effectively that there is hardly a shop thief in New York who is quite sure of the identity of either of them. They have a busy time of it, and they make it a practice never to arrest a thief unless she—it is nearly always a woman—has left the shop with the goods unpaid for. They sometimes have to give chase to their quarry should they arouse her suspicion before they can arrest her.—New York Letter.

For Modern Cooking.

As a matter of useful information it may be stated that whenever a cooking receipt calls for a baking powder the "Royal" should be used. The receipt will be found to work better and surer, and the bread, biscuit, rolls, cakes, dumplings, crusts, puddings, crullers or whatever made will be produced sweeter, lighter, finer flavored, more dainty, palatable and wholesome. Besides the "Royal" will go further or has greater leavening power, and is therefore more economical than any other powder.

Many receipts as published still call for cream of tartar and soda, the old-fashioned way of raising. Modern cooking and expert cooks do not sanction this old way. In all such receipts the Royal Baking Powder should be substituted without fail.

The greatest adepts in the culinary art are particular to use the Royal only, and the authors of the most popular cook books and the teachers of the successful cooking schools, with whom the best results are imperative, are careful to impress their readers and pupils with the importance of its exclusive employment.

The Royal Baking Powder is the greatest help of modern times to perfect cooking, and every receipt requiring a quick-raising ingredient should embody it.

A HOUSE IN A FRET.

Let the mother become sick and helpless, and the house is all in disorder. When both father and mother are down, you may as well close the shutters. Order is brought out of chaos often very easily, and Mrs John Malin of South Butte, Mont., February 17, 1893, found an easy way out of her difficulties, as she writes thus: "My husband and I took very bad rheumatism from severe colds, and my arms were so lame I could not raise them to help myself. I sent at once for a bottle of St. Jacobs Oil, and before the bottle was half empty I could go about my work. My husband became so lame he could not get out of bed. Two and a half bottles completely cured him. I will always praise St. Jacobs Oil, and you may use this as you see fit." This is a clear case of what is best at the right moment, and how every houshold can be made happy where pain abounds.

The Place of Meeting.

One of the Salvation Army recruits, sent to a certain inland town of California, was a young lady of fine social position and savoir faire. She was also very beautiful. Her arrival greatly agitated the chappies, who flocked to the street meetings. Finally one young blood made a bet that he would secure an appointment with the beauty for that same night, and approaching her after the meeting he slipped into her hand a $20 goldpiece. She put it in her pocket. "And—ah—where shall I meet you by and by?" pursued the masher. "In heaven, I hope," placidly answered the lassie as she walked away with the golden double eagle.—San Francisco Argonaut.

Obeying the New Immigration Law.

All the agents of the transatlantic steamship companies which carry steerage passengers to this port have now agreed to respect the new immigration rules, and to do their share in the enforcement of them. It will assuredly be to their advantage to perform this duty faithfully and to co-operate properly with Dr. Jenkins and Commissioner Senner. They are liable to heavy penalties for negligence. Those of them who have striven to evade the new regulations must not be permitted to trifle any longer with the public safety. Instead of their interests conflicting in any way with ours, the interests of both parties are the same.—New York Sun.

BEFORE A FULL HEAD OF STEAM

Is gathered by that tremendously destructive engine, malaria, put on the brakes with Hostetter's Stomach Bitters, which will check its progress and avert disaster. Chills and fever, bilious remittent, dumb ague and ague cake are promptly relieved and ultimately cured by this genial specific, which is also a comprehensive family medicine, speedily useful in cases of dyspepsia, biliousness, constipation, sick headache, nervousness, rheumatism and neuralgia. Against the hurtful effects of sudden changes of temperature, exposure in wet weather, close application to laborious mental pursuits and other influences prejudicial to health it is a most trustworthy safeguard. It fortifies the system against disease, promotes appetite and sleep, and hastens convalescence after debilitating and flesh-wasting diseases.

Miss Snobbles—And so you met Lord Faddington? Cadby—I did. Miss Snobbles—And how did he strike you? Cadby (pensively)—For $10.

A HOUSEHOLD REMEDY.

ALLCOCK'S POROUS PLASTERS are the only reliable plasters ever produced. Fragrant, clean, inexpensive and never failing, they fully meet all the requirements of a household remedy, and should always be kept on hand. For the relief and cure of weak back, weak muscles, lameness, stiff or enlarged joints, pains in the chest, small of the back and around the hips, strains, stitches and all local pains ALLCOCK'S POROUS PLASTERS are unequaled.

Ask for ALLCOCK'S, and let no solicitation or explanation induce you to accept a substitute.

BRANDRETH'S PILLS avert disease.

When a woman's face is her fortune, nine times out of ten she will die a pauper.

The firm of E. L. G. Steele & Co. of San Francisco secured by succession the property in a trade mark known as "Diamond L," which had been patented in 1871 by C. Adolph Low & Co. Under that brand and trade mark E. L. G. Steele & Co. had sold a tea which had become known far and wide for its excellence and in which they had built up a heavy trade. In 1888 the sales of the tea had fallen off so heavily that the firm set an inquiry afoot and discovered that Lievre, Frick & Co. of San Francisco were selling a spurious tea under that brand. E. L. G. Steele & Co. compelled them to confess and to promise not to repeat the offense. They appear not to have kept their agreement, however, as this week E. L. G. Steele & Co. brought an action against the same firm, alleging infringement and demanding $50,000 damages. All honest dealers who have built up a business on fair dealing will lend their moral support to the punishment of all such rascality as this. Men who confess their own lack of ability by endeavoring dishonestly to prosper at the expense of more worthy and successful men, and at the same time defraud the community, are enemies of the community and of all honest merchants. E. L. G. Steele & Co. have always been one of the sound and trustworthy institutions of San Francisco, and so long as they had a fair field they could not do otherwise than prosper. A stab in the back, however, is a form of competition in which their integrity does not permit them to embark, and their only recourse is expensive and annoying litigation to protect themselves.

NEW WAY EAST—NO DUST.

Go East from Portland, Pendleton, Walla Walla via O. R. & N. to Spokane and Great Northern Railway to Montana, Dakotas, St. Paul, Minneapolis, Chicago, Omaha, St. Louis, East and South. Rock-ballast track; fine scenery; new equipment Great Northern Palace Sleepers and Diners; Family Tourist Cars; Buffet-Library Cars. Write C. C. Donovan, General Agent, Portland, Oregon, or F. I. Whitney, G. P. & T. A., St. Paul, Minn., for printed matter and information about rates, routes, etc.

THE PORTLAND VOCAL FOLIO

Of thirty-nine selected Songs, by mail, 50 cents. (Stamps taken.) Address WILEY B. ALLEN CO., 211 First St., Portland, Or.

Indigestion Cured

"I suffered with indigestion. Food distressed me very much. I took Hood's Sarsaparilla after meals, and before one bottle was gone I could eat heartily without distress. I have recommended Hood's Sarsaparilla to many. I never heard of its failure to cure. Recently our station agent had the grip. After he was able to get up he had a disagreeable sensation in his head. He said it felt as large as a stove, and he was unable to perform his duties. He took Hood's Sarsaparilla, and after using one and a half bottles he was fully cured. Truly, there is no humbug about Hood's Sarsaparilla."—JOHN BENNETT, Sunman, Ind.

Mr. John Bennett

This statement is corroborated by Bigney & Co., druggists, Sunman, Ind.

Hood's Sarsaparilla Cures

Hood's Pills are purely vegetable, perfectly harmless, always reliable and beneficial.

PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION

A NEW CATALOGUE.

The Sunset Seed and Plant Co., San Francisco, the leading nursery firm on this coast, has in press a Fruit Tree Catalogue and Price List that will be of great interest. It is handsomely illustrated and printed in clear type on good paper. Copies can be had on application.—*S. F. Commercial News and Shipping List, December 13.*

CATARRH CANNOT BE CURED

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O.

Sold by druggists, price, 75 cents.

Use Enamelline Stove Polish; no dust, no smell.

TRY GERMEA for breakfast.

Dr. PIERCE'S Golden Medical DISCOVERY

Cures Ninety-eight per cent. of all cases of Consumption, in all its Earlier Stages.

Although by many believed to be incurable, there is the evidence of hundreds of living witnesses to the fact that, in all its earlier stages, consumption is a curable disease. Not every case, but *a large percentage of cases*, and we believe, *fully 98 per cent*, are cured by Dr. Pierce's Golden Medical Discovery, even after the disease has progressed so far as to induce repeated bleedings from the lungs, severe lingering cough with copious expectoration (including tubercular matter), great loss of flesh and extreme emaciation and weakness.

Do you doubt that hundreds of such cases reported to us as cured by "Golden Medical Discovery" were genuine cases of that dread and fatal disease? You need not take our word for it. They have, in nearly every instance, been so pronounced by the best and most experienced home physicians, who have no interest whatever in misrepresenting them, and who were often strongly prejudiced and advised against a trial of "Golden Medical Discovery," but who have been forced to confess that it surpasses, in curative power over this fatal malady, all other medicines with which they are acquainted. Nasty cod-liver oil and its filthy "emulsions" and mixtures, had been tried in nearly all these cases and had either utterly failed to benefit, or had only seemed to benefit a little for a short time. Extract of malt, whiskey, and various preparations of the hypophosphites had also been faithfully tried in vain.

The photographs of a large number of those cured of consumption, bronchitis, lingering coughs, asthma, chronic nasal catarrh and kindred maladies, have been skillfully reproduced in a book of 160 pages which will be mailed to you, on receipt of address and six cents in stamps. Address for Book, World's Dispensary Medical Association, Buffalo, N. Y.

Anagreeable Laxative and NERVE TONIC. Sold by Druggists or sent by mail, 25c., 50c., and $1.00 per package. Samples free.

KO NO The Favorite TOOTH POWDER for the Teeth and Breath, 25c.

CONSUMPTION

is not inherited. It develops only when lungs are weak and the system run down.

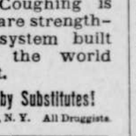
Scott's Emulsion

the cream of Cod-liver Oil, often cures Consumption in its early stages and *always* prevents it. Coughing is stopped, Lungs are strengthened and the system built up. *Physicians*, the world over, endorse it.

Don't be deceived by Substitutes!

Prepared by Scott & Bowne, N. Y. All Druggists.

My son was afflicted with catarrh. I induced him to try Ely's Cream Balm, and the disagreeable catarrhal smell all left him. He appears as well as any one.—J. C. Olmstead, Arcola, Ill.



CATARRH

ELY'S CREAM BALM Opens and cleanses the Nasal Passages, Allays Pain and Inflammation, Heals the Sores, Protects the Membrane from colds, Restores the Senses of Taste and Smell. The Balm is quickly absorbed and gives relief at once.

A particle is applied into each nostril, and is agreeable. Price, 50 cents at Druggists' or by mail.

ELY BROTHERS, 56 Warren Street, New York.

MEN DR. LIEBIG & CO., Special Doctors For Chronic, Private and Wasting Diseases.

Dr. Liebig's Invigorator the greatest remedy for Seminal Weakness, Loss of Manhood and Private Diseases, Overcomes Prematureness and prepares all for marriage life's duties, pleasures and responsibilities; $1 trial bottle given or sent free to any one describing symptoms; call or address 409 Geary St., private entrance 405 Mason St., San Francisco.

HERCULES ENGINE Gas or Gasoline

A Positive Power. Requires No Licensed Engineer. Your Wife Can Run It.

PALMER & REY, San Francisco, Cal. and Portland, Or

No Batteries or Electric Spark.

MRS. WINSLOW'S SOOTHING SYRUP FOR CHILDREN TEETHING. For sale by all Druggists. 25 Cents a bottle.

Mothers, Wives and Sisters

The Divine Influence of Home is in Your Keeping. It is a Sacred Trust. If you will remember that

ALCOHOLISM

Is a disease, and will use your loving influence to have the **Patient** take a Cure, then we will be **Sunshine** where **Sorrow** now dwells.

THE FITTZ CURE

Comes as a friend in time of need. It is **Safe, Reliable,** and a **Sure Cure**. Can be taken at home. No loss of time; no publicity.

Correspondence Confidential.

The Cure Guaranteed.

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WALTER