

Highest of all in Leavening Power.—Latest U. S. Gov't Report

Royal Baking Powder ABSOLUTELY PURE

THE DANGER IN SUGAR

Industry in Which the United States Should Lead.

YET THE COOLIE TRADE THRIVES

Supported by American Consumers, Ignorant of the Dangers to Which They May Be Exposed.

Workmen, as a whole, receive more pay than corresponding labor in any other country; are the most prosperous; have more money to obtain their desires, and consume more of the necessaries and luxuries of life, generally speaking, than those of any other nation, yet it is a singular fact that in the consumption of sugar they are behind the English about 14 per cent, the proportion being about 78 1/2 pounds per capita in Great Britain, to 59 1/2 pounds per capita in the United States.

Particularly in this active, vigorous life, as they drop the little sweet crystals into their tea and coffee, ever stop to consider the origin of sugar, its centrifugal use and improvement, its enormous factorship in trade channels ramifying the complete circle of the globe, in almost every nation, of every clime, and the prodigious figures reached in the volume of its manufacture and consumption.

Where Do Americans Stand? Having given the above very brief synopsis of the history of sugar, let us now look for a moment at the position of the United States in this industry and the possible dangers constantly surrounding us, particularly on the western coast, from importations from Chinese-made sugar, and realize the consequence of paying tribute to foreign labor, foreign capital and foreign ships in an article placed upon nearly every table in the land; from the banquet table of the rich, to the lowly, humble, unadorned board, serving as table, in the lowliest cottage of its poorest inhabitant, and deduce, if possible our remedy in the matter. It will be concluded, we think, that the American

workmen, as a whole, receive more pay than corresponding labor in any other country; are the most prosperous; have more money to obtain their desires, and consume more of the necessaries and luxuries of life, generally speaking, than those of any other nation, yet it is a singular fact that in the consumption of sugar they are behind the English about 14 per cent, the proportion being about 78 1/2 pounds per capita in Great Britain, to 59 1/2 pounds per capita in the United States.

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Minnehaha means "laughing water." The Indian word was Minne-ha-ra.

BY THEIR BEST GIRLS.

Two Boastful Country Swains Held Up by Their Sweethearts.

Edward Vanderwater and William Cornelius were held up the other night at Hempstead, N. Y. Both young men lost all their valuables, consisting of watches, finger rings and their pocket-books.

The young men, it is asserted, had often boasted of their physical courage and declared that if held up their assailants would fare very badly.

The young women decided to put the boastful youths to a test. Vanderwater and Cornelius were invited to call upon the girls at 8:30. Early in the evening the young women, so it is asserted, donned two suits belonging to Miss Beekman's brother. To make their disguise more perfect, they wore slouch hats and false beards and mustaches. They then secreted themselves in the bushes near their residence.

The young men soon passed by chatting gaily, when they were confronted suddenly by two supposed highwaymen who pointed pistols at their heads and demanded in muffled voices that they should give up their valuables immediately. Vanderwater made an effort to run, but tripped his toe on a stump and rolled into the mud and water by the roadside. Then he sprang to his feet and ran home. Cornelius fell upon his knees and begged piteously for mercy. He was told to shut up and hand over his money if he knew when he was wise. He immediately produced his watch, rings and money.

Cornelius and Vanderwater, both badly frightened, held a consultation as to their proper course in the matter. Later the young women who had played the joke walked in, attired themselves in proper garments, and upbraided the youths for not making the promised yield. The girls pretended to be much offended, and the young men made all sorts of excuses for their absence. After having thoroughly enjoyed the excuses and embarrassment Miss Beekman and Miss Dugan asked Cornelius what time it was. As his watch was missing he was obliged to make further excuses. The girls finally handed Cornelius his watch and valuables and admonished him to act like a man and not to fall on his knees and beg for mercy when held up.—New York Sun.

NEW MAMMOTH CAVE.

Curious Archeal Discovery in a Quarry in New Jersey.

A force of men at work getting out building stone at a large quarry a short distance below Phillipsburg, N. J., accidentally discovered a mammoth cave that promises to yield the owner of the property a handsome income.

The men were getting ready to blast when one of their number struck a crowbar with considerable force on what seemed to be a hard piece of stone. To his surprise the bar went clear through and disappeared entirely. This led to the investigation and the uncovering of the cave.

As far as the research has gone, the chamber opened up is nearly 150 feet long and seems to be divided into numerous circular and oblong shaped rooms, one of which has something in it that looks like petrified wood. Pieces have been removed and will be submitted to scientific test to determine its character. There are caverns extending in divers directions that have not yet been explored. From some of them there is a rush of air, as though they might have a surface opening.

Stalactites and other crystal formations are numerous, and some of them are very large and beautiful. Several specimens have been secured and sent to Philadelphia for examination. Quite a quantity of bones have been found, and one report says that several skulls have been unearthed.

There will be a thorough examination of the cave by exploring parties, with a view to learning its dimensions, its contents and its connection, if any, with the outside world. No one will be allowed to enter the cave until after the exploring party makes its report.—New York Recorder.

THE ABSENCE OF IT.

If there is any truth in the saying that happiness is the absence of all pain, mental and physical, the enjoyment of it can only be found in heaven. But so far as the physical is concerned, it is within easy reach; at least measurably so, as far as cure will go. The sum of human misery in this line is made up of greater or less degrees of physical suffering. The minor aches and pains which afflict mankind are easy to reach and as easily cured. There are none in the whole category, which, if taken in time, cannot be cured. They must in some form afflict the nerves, the bones, the muscles and joints of the human body. They are all more or less hurtful, and wasteful to the system. St. Jacobs Oil is made to cure them, to search out hidden pain spots, and to cure promptly in a true remedial and lasting way. Very, very many have not known happiness for years till they used it, and very many are putting off cure and happiness because they don't use it.

He—My views on bringing up a family—She—Never mind your views, I'll bring up the family. You go and bring up the coal.

GHOSTS ARE PALE AND SHADY.

Say those who profess to have interviewed them. Whether spooks are tallow-faced or not, mortals are whose blood is thin and watery in consequence of imperfect assimilation. When inavulsive resort to Hostetter's Stomach Bitters, and use that unequalled tonic persistently, they soon "pick up" in strength, lose their color, and should be used also to prevent malaria, rheumatism and kidney complaints, and to remedy constipation, sick headache and nervousness.

Honey-moon Over—She—I don't believe you ever did truly love me. He—Great Scott, woman! I married you, didn't I? She—Yes; that's the reason.

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-balist track; fine scenery; new equipment. Great Northern Palace Sleepers and Dining; Family Tourist Cars; Buffet-Library Cars. Write A. B. C. Denniston, C. P. & T. A., Portland, Oregon, or F. L. Whitney, G. P. & T. A., St. Paul, Minn., for printed matter and information about rates, routes, etc.

A LIVING SHADOW

REMARKABLE TRANSFORMATION OF A NORTH CAROLINA MAN.

Strange, But True, Story From the Lumber Regions of a Southern State—Verified by a Reporter of the Greenville Reflector.

The following interview has just been given our reporter by Mr. G. A. Baker the overseer at the farm of Col. Isaac A. Sugg, of Greenville, N. C. It will interest anyone who has ever had typhoid fever. Mr. Baker said in part:

"I was living in Beaufort county, and on the 2d day of October, 1893, I was stricken down with typhoid fever. I had the best physicians to attend me, and on the 15th day of January, 1894, I was allowed to get up. I was emaciated, weak and had no appetite. I could only drag along for a short distance and would be compelled to sit down and rest. This continued for some time and I began to give up hope of ever getting well. I lost my position in Beaufort county and having secured one in Pitt county, clerking in a store, I undertook it, but was so weak I could not do the work and had to give it up. The disease settled in my knees, legs and feet. I was taking first one kind of medicine and then another, but nothing did me any good. I was mighty low-spirited. I moved out to Colonel Sugg's about four or five months ago and commenced taking Dr. Williams' Pink Pills. I took three a day for about three months. I began to regain my appetite in a week's time, and then my weakness began to disappear, and hope sprung up with a blessedness that is beyond all telling. At the expiration of the three months I was entirely cured and could take my axe and go in the woods and do as good a day's work as any man. I was troubled with dyspepsia and that has disappeared. It is also a splendid tonic for weak people. I say, Mr. Editor, God bless Dr. Williams; may he live for a long time; I know he will go up yonder to reap his reward for he has done a wonderful lot of good. Tell everybody that asks you about Dr. Williams' Pink Pills for Pale People that if they will come to me I can certainly satisfy them as to their merits. I always carry a box of pills with me and when ever I feel bad I take one."

TRY GERMEX for breakfast.

DEAFNESS CANNOT BE CURED

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure Deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a running sound or imperfect hearing, and when it is entirely closed Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free. F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

I am entirely cured of hemorrhoids, lungs by Pisco's Cure for Consumption.—LOUISA LINDAMAN, Bethany, Mo., Jan. 8, '94.

FITS.—All Fits stopped free by Dr. Kline's Great Nerve Restorer. No Fits after the first day's use. Marvellous cures. Treatise and 25c. trial bottle free to fit cases. Send to Dr. Kline, 511 Arch St., Philadelphia, Pa.

TRY GERMEX for breakfast.

Fits Cured

From U.S. Journal of Medicine Prof. W. H. Pecke, who makes a specialty of Epilepsy, has without doubt treated and cured more cases than any living Physician; his success is astonishing. We have heard of cases of 20 years' standing cured by him. He publishes a valuable work on this disease, which he sends with a large bottle of his absolute cure, free to any sufferers who may send their P. O. and Express address. We advise any one wishing a cure to address Prof. W. H. PECKE, F. D., 4 Cedar St., New York.

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PERRY DAVIS' VEGETABLE PAIN-KILLER

Is a very remarkable remedy, both for INTERNAL and EXTERNAL use, and wonderful in its quick action to relieve distress. Pain-Killer is a sure cure for Sore Throat, Coughs, Chills, Diarrhoea, Dysentery, Cramps, Cholera, and all Bowel Complaints. Pain-Killer is THE BEST remedy known for Sea Sickness, Sick Headache, Pain in the Back or Side, Rheumatism and Neuralgia. Pain-Killer is unquestionably the BEST LINIMENT MADE. It brings speedily and permanently relief in all cases of Bruises, Cuts, Sprains, Severe Burns, &c. Pain-Killer is the well tried and trusted friend of the Mechanic, Farmer, Planter, Sailor, and in fact all classes wanting a medicine always at hand and safe to use internally or externally with certainty of relief. IS RECOMMENDED By Physicians, by Missionaries, by Ministers, by Mechanics, by Nurses in Hospitals, BY EVERYBODY. Pain-Killer is a Medicine Chest in itself, and few vessels leave port without a supply of this remedy. No family can afford to be without this invaluable remedy in the house. Its price brings it within the reach of all, and it will annually save many times its cost in doctors' bills. Beware of imitations. Take note but the genuine "PERRY DAVIS."

PINEOLA COUGH BALSAM is excellent for all throat inflammations and for asthma. Consumptive will invariably derive benefit from it, as it quickly soothes the rough, reddens expectoration, and restores the wasted tissue. There is a large percentage of those who suppose their cases to be consumption who are only suffering from a chronic cold or deep-seated cough, often aggravated by catarrh. For catarrh use Ely's Cream Balm. Both remedies are pleasant to use. Cream Balm, 50c. per bottle; Pineola Balm, 25c. per bottle. In quantities of \$2.50 will deliver on receipt of amount. ELY B. OTHERS, 56 Warren St., New York.