

The New Bread.

ROYAL unfermented bread, made without yeast, avoiding the decomposition produced in the flour by yeast or other baking powder; peptic, palatable and most healthful; may be eaten warm and fresh without discomfort, which is not true of bread made in any other way.

Can be made only with Royal Baking Powder.

Receipt for Making One Loaf.

ONE quart flour, 1 teaspoonful salt, half a teaspoonful sugar, 2 heaping teaspoonfuls Royal Baking Powder, half medium-sized cold boiled potato, and water. Sift together thoroughly flour, salt, sugar, and baking powder; rub in the potato; add sufficient water to mix smoothly and rapidly into a stiff batter, about as soft as for pound-cake; about a pint of water to a quart of flour will be required—

more or less according to the brand and quality of the flour used. Do not make a stiff dough, like yeast bread. Pour the batter into a greased pan, 4½x3 inches, and 4 inches deep, filling about half full. The loaf will rise to fill the pan when baked. Bake in very hot oven 45 minutes, placing paper over first 15 minutes baking, to prevent crust from becoming too dark at once. *Don't mix with milk.*

NOTE.—It is necessary to follow, precisely, the above directions, even to the size of the pan. Observe that water should never be added until the powder has been thoroughly mixed with the flour in a dry state. Perfect success can be had only with the only powder in which the ingredients are prepared so as to give that continuous action necessary to raise the bread loaf. The nutty flavor noticeable in this bread is due to the fact that no acid except that derived from the grape is used in the Royal Baking Powder.

Address: ROYAL BAKING POWDER CO., 106 Wall Street, N. Y., for all further information.

A very good imitation of ground glass is produced by dissolving three tablespoonfuls of Epsom salts in a pint of warm water and applying it to the glass with a common paint brush. This answers admirably when a sort of screen is wanted. The solution must be applied to the side of the glass which is not exposed to the weather.

Within the Antarctic circle there has never been found a flowering plant. In the Arctic regions there are 762 different species of flowers. Fifty of this number are really polar flowers of varied colors; the remainder are almost colorless, being mainly of a yellowish hue.

MERCURIAL
Mr. J. C. Jones, of Fulton, Ark., says of SSS: "About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any relief. I also tried mercurial and potash remedies, with unsatisfactory results, but which brought on an attack of mercurial rheumatism. After suffering four years I gave up all remedies and commenced using S. S. S. After taking several bottles, I was entirely cured and able to resume work."

RHEUMATISM
Successful results, but which brought on an attack of mercurial rheumatism. After suffering four years I gave up all remedies and commenced using S. S. S. After taking several bottles, I was entirely cured and able to resume work."

It's Just as Easy
To grow Choice Flowers as it is to grow common ones if you START RIGHT.

Either one of the following collections is a garden in itself, and your garden is not complete without them. They are all beautiful and colorful flowers and the plants are all strong, healthy and vigorous, and set, postage free, for the price named.

THE TIMOTHY HOPKINS COLLECTION OF SWEET PEAS
Comprising 21 Distinct Varieties. A Large Packet of Seeds of each for \$1.00, or a Packet of Seeds of the same varieties mixed for only 50 cents.

21 Roses \$1.00
12 Carnations \$1.00
12 Pansies \$1.00
12 Chrysanthemums \$1.00
Flower or SEEDS (your own or our selection) FOR ONE DOLLAR.

SHERWOOD HALL NURSERY CO.
S. W. Cor. Sacramento & Clay Sts., San Francisco, Cal.

Looking Better
feeling better—better in every way. There's more consolation in that than well people stop to ponder. To get back flesh and spirits is everything.

Scott's Emulsion
of pure Cod Liver Oil with Hypophosphites is prescribed by leading physicians everywhere for ailments that are causing rapid loss of flesh and vital strength.

Scott's Emulsion will do more than to stop a lingering cough—it fortifies the system against coughs and colds.

THE CORK FACED HORSE COLLAR
Prevents the horse from having a sore collar neck. Cool and elastic, requiring no sweat-band. Ask your local saddlery shop for it. If they do not have it, send your order to:

MAIN & WINCHESTER,
214, 216, 218 and 220 Battery Street, San Francisco, California.

Send your address for descriptive circular.

TAKE PFUNDER'S OREGON BLOOD PURIFIER.
KIDNEY & LIVER DISEASES, DYSPEPSIA, PILES, BILIOUSNESS AND SKIN DISEASES. HEADACHE, CONSTIPATION, BLOOD.

DR. GUNN'S IMPROVED LIVER PILLS
A MILD PHYSIC
ONE PILL FOR A DOSE.

A movement of this bowels each day is necessary for health. These pills simply what the system needs to make it regular. They are pleasant, and they are safe. They are sold everywhere, and they are sold everywhere.

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A SUSPICIOUS PERSON

DON'T CARRY BUNDLES ON A NEW YORK STREET AT NIGHT.

The Actual Experience of a Man Who Was Branded in the Police Records of the City as a Suspicious Character—No Appeal for a Victim.

In a down town restaurant the other day I met a friend not unknown in the literary world. He was taking luncheon. His air, however, was so perturbed and his mien so gloomy that in passing at his table I said, banteringly, "What's the matter? Lost your last friend?"

"Don't suppose I've got any more friends," he said laconically. "I'm a suspicious person."

"A suspicious person," I echoed. "Of what are you suspicious?"

"Sit down and I'll tell you all about it," he replied.

Then when I had nominated my beverage I listened to a remarkable tale of woe from my friend, and can assure the reader that it is true in every essential feature.

"Last night," began my friend, "I was down town very late. I had spent the evening in Brooklyn, and on arriving at the end of the bridge I stopped in at an open all night drug store, where during the day I had left a package containing a pair of trousers which my tailor had just pressed and returned to me."

"With this bundle under my arm I took a train on the Sixth Avenue elevated and got off at Eighth street. The cars were so warm I had thrown my overcoat over my arm, and in leaving the station I forgot to put it on. As I live very near University place, within half a block of my home I began to rain, but I did not stop to put up my umbrella, having my coat and umbrella under my left arm. I just made a run for it."

"I had run perhaps thirty yards when I felt a heavy hand on my shoulder, and a gruff voice said in my ear, 'Hold on there; what are you running for?'"

"I looked up and saw a big policeman standing over me. I was so surprised that all I could say was: 'I'm running to get out of the rain. Didn't think I was running to catch a train at this time of the night, did you?'"

"Don't get fresh, young fellow," persisted the policeman, but just tell me where you got them clothes."

"Well, I replied, still so astonished I could hardly collect my wits, 'the overcoat is mine and the pair of trousers in the bundle were just sent from the tailor's this afternoon, and I am bringing them home.'"

"Oh, say, now, that won't do," said the policeman, "I'm on to you and your game. You'll have to come to the station with me. See?"

"But listen, I'm so and so, and I haven't done anything," I vainly expostulated, giving my name and occupation.

"Where do you live?" said the fellow insolently. "We are right opposite the house now," I replied meekly.

"Oh, we are, we're," said the policeman with a sneer. "Well, let's see you open the door!"

"But I don't go in this door," I explained. "I go in the one on the side. I have no key to this door."

"Just what I want," said the policeman. "We'll have to march the sergeant sent you just come along with me."

"With that he dragged me off to the Mercer street police station and introduced me to the sergeant at the desk, who proceeded to question me in much the same Chesterfieldian manner as had characterized the policeman's conduct toward me since he first appeared on the scene."

"I explained to the sergeant that I was a harmless citizen, and that I was a worthy one; that I had been kept down town late, and was returning with my overcoat on my arm and a bundle containing a pair of trousers under my arm. I added that I had told the policeman where I lived."

"You lie! You're a liar!" shouted the policeman, who was standing at my side.

"At this I ventured to get irritated, and I took the policeman's number. As he grew more and more excited, the sergeant sent him into the back room."

"Having done this the sergeant took my name and address, and told me the policeman was perfectly right in having arrested me. That I had no business to be out at night with a bundle under my arm; that I had no business to have been running, and I ought to have known enough to have been particularly polite to the policeman when he stopped me, and to have been respectful about myself without any reservation, without having been in the least offended at being taken for a thief."

"Having read me this lecture the sergeant told me that I might go home, and I left the police station with a feeling that perhaps I ought to thank the sergeant for allowing me to live."

"The next morning at 11 o'clock I was at police headquarters. I met a newspaper reporter on the step and an address saying you were arrested as a 'suspicious person' and not held for lack of evidence."

"Then I learned that it was possible in this city for the police to arrest a respectable citizen, accuse him of being a 'suspicious person' and then hold him as proven his respectability brand him on the records at police headquarters for all time to come as a 'suspicious person' still, but not held for lack of evidence."

"A little later I was called with Superintendent Byrnes, who, after he had listened to my story, said calmly: 'The policeman had a right to arrest you. His instructions are to question people at night when they are out on the street, and if they are running, if their replies are not satisfactory he must take them to the police station. There the sergeant can use his discretion in the matter.'"

"As to the men having been rude to you, I have your statement, and the sergeant said that he came tomorrow at 11 o'clock, and I'll have both the sergeant and policeman here."

"Tomorrow I am going up to confront the sergeant and policeman before the superintendent, but from what he says I am afraid there will be little done for me the matter unless I take the case into the courts and sue the city for branding me as a 'suspicious person' discharged for lack of evidence."

"You can see how far this thing might go, as Byrnes' men also have instructions in regard to women on the street at night. Supposing a thick headed officer like the one who arrested me were to arrest a respectable woman by mistake."

"She might explain at the station house and be discharged. In that case imagine the horror of having her name and address on the records at police headquarters for all time to come as a 'suspicious person' discharged for want of evidence."

Absence of Mind.
A prominent physician in this city, upon meeting his own daughter on the street, politely inquired after the health of both herself and her parents—New York Tribune.

A Stagnated Demand.
There will probably be a drop in nails immediately, since there will no longer be a demand for them for nailing up campaign lies—Somerville Journal.

Antiquities Galore.
An English gentleman, who had visited Cyprus, was asked if there were many antiquities in the island. "Antiquities," he cried, "by the place is alive with them!"

How Fishes Breathe.

A gentleman who found small fishes dead wrote to Nature to ask: "How is it with the fish in countries like Siberia? Do they desert those parts of the rivers which are frozen over, or are the currents more rapid, so as to transfer air beneath the ice from unfrozen parts, or, as in some glacial streams, are the currents more rapid?"

Any one who has caught fish through ice three feet thick on Maine ponds will understand that part of the pond remains liquid. The water of Siberia is likely to be abundantly stocked with fish, which will be found in the best condition when their house is sealed with frost.

It is not necessary to suppose that air is carried under the ice from open places in the breaks. There is air enough in the water at all times to answer the purposes of the fish. The presence of the air is best discovered by allowing water slowly to become warm in a vessel of tin or iron, which is held in the water very near the surface. The water is expanded by the heat, and may be seen gathering in small bubbles attached to the surface of the vessel. This must be a matter of common observation.

It is this air that supplies the fishes with breath. It may be thought by some persons that fishes breathe water, for the writer has heard this statement made, but this view is not correct. The fish has no power to decompose water and get the needed oxygen from that source.

As he is constituted he needs very little air. He is furnished with but little blood, and this is sufficiently oxygenized by coming in contact with air in the water forced through the gills, which are his breathing apparatus.

The effect of the air is seen when the fish is taken from the water. The gills are sealed and this is due to the rapid oxidation of the blood. The fish is killed by the excess of air. In the water he gets only the proportion that he needs. Altogether the fish must be very comfortable under the ice during our hard winter.

Propulsion of Trains by Compressed Air.
An ingenious method of utilizing gravity in descending grades has been worked out by an Italian engineer. The engine is replaced by a grade compressor air, which is utilized in propelling the train up part of the next succeeding ascending grade. The accumulators are constructed for a pressure of 100 pounds, and the locomotive is simply reversed, the engine in compression and utilization of the air compresses three cylinders, two of which are of equal diameter and the third of smaller size. These three cylinders are connected by means of the usual crossheads and connecting rods.

When ascending a grade these cylinders work as a compound motor, and during descending grades the engine is reversed, and the compressed air into the accumulators according to a regulated pressure. The committee appointed to report on this system are of opinion that its use is at present best with coal and steam locomotives, and not on local conditions, such as grades, curves, extent of traffic, etc.; they decide, however, that the system would be found most advantageous in the operation of mountain railways, and in grading the road between two points, where ventilation is deficient, and where it is especially desirable to avoid the presence of smoke and gases—New York Commercial Advertiser.

Tennyson and Sightseers.
Though Farrington, in Freshwater, was Tennyson's favorite home, Aldworth, in Hampshire, was not less so. He was born there, and his summer residence—circumstances meaning in this case tourists and Saturday to Monday cheap trippers. Tennyson used to say that he was literally driven from the Isle of Wight by the summer visitors. Not content with invading the demesne of Farrington, these enthusiasts dog the steps of the object of their admiration whenever he took his walks abroad. Two years ago, Tennyson was in the place, and he made it his summer residence. The house was designed by James Knowles, who, besides acquiring celebrity as the editor of The Nineteenth Century Review, is a professional architect. Tennyson has gone to Aldworth, returning to Freshwater in October, when the trippers cease from troubling him and the "Ary" is at rest. Tennyson had acquired an aversion to summer visitors, and he was not indifferent to the world's applause—Cor. Boston Herald.

The March of the Caravan.
Perhaps the weirdest and most impressive of the many unwelcome memories that the traveler carries away with him from travel in the east is the recollection of the camel caravan which he has encountered at night. Address for pamphlet, Dr. Porterfield & Lowry, 518 Market Street, San Francisco.

The situation at Washington is a struggle between the ax and the "ex."

BEWARE OF OINTMENTS FOR CATARRH THAT CONTAIN MERCURY.
As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces, such articles are a great danger. Beware of cheap prescriptions from reputable physicians, as the damage they will do is tenfold to the good you may expect to receive. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and cures in ten days. It cures the blood and mucous surfaces of the system. It is taken internally and acts on the blood and mucous surfaces of the system. It is taken internally and acts on the blood and mucous surfaces of the system. It is taken internally and acts on the blood and mucous surfaces of the system.

Prander's Oregon Blood Purifier is the best remedy for cleansing your system.

NOTHING LIKE IT.
40 YEARS OF PAIN CURED. THE CASE. N. ALBANY ST., ITHACA, N. Y., Dec. 19, 1887.

I have been a victim of rheumatism. I was persuaded to try St. Jacobs Oil. I have used two bottles, and a man more free from rheumatism never walked our streets. My limbs that were once stiff and lame are now as light and limber as in my youth.

JOS. EDELL.

AFTER FIVE YEARS.
ITHACA, N. Y., July 5, 1887.

Suffered many years—injury to hip resulting in rheumatism, muscular weakness and contracted cords. Two bottles of St. Jacobs Oil relieved me so that I now walk about and attend to daily duties at 62. I heartily endorse it.

JOS. EDELL.

Pho's Remedy for Catarrh is the Best, Easiest to Use, and Cheapest.

CATARRH
Sold by Druggists or sent by mail, 50c. E. J. Hazlett, Warren, Pa.

N. P. N. U. No. 488, F. N. U. No. 565.

The New Bread.

It is evident that, if considerations of healthiness in food and convenience in housekeeping are to govern, the use of yeast in bread-making must become a thing of the past. It is an established fact that yeast produces the gas which raises the bread, not from itself, but by fermenting or rotting some of the most nutritious elements of the flour. The gas is the product of the decomposition of elements. The loss of these properties is what makes fresh yeast bread unwholesome. The use of the Royal Baking Powder instead of yeast is found to make a finer, lighter bread, devoid of all dyspeptic qualities. The same gas—carbonic—is produced as when yeast is used, but it is evolved from the baking powder itself and not from the flour. None of the elements of the flour is impaired, thereby preserving the nutritive values of the bread, which is made more wholesome and actually anti-dyspeptic. The greater convenience where a batch of the finest bread can be made and baked in less than an hour with no danger of a sour or heavy loaf must be appreciated by every one.

A receipt for making bread with yeast is given in this paper. The best breadmaker of the old-fashioned way will be particularly interested in trying this. To every reader who will write the result of her bread-making from this receipt to the Royal Baking Powder Co., 106 Wall Street, New York, that company will send in return, free, a copy of a most practical and useful book, containing one thousand receipts for all kinds of baking, cooking, etc. Mention this paper.

All in a Name.

A certain business man in this city has good reason to believe that there is "something in a name." For many years he has engaged in business pursuits here under the name derived from his father. The name was an honest one, but not particularly euphonious, and its bearer found, after much energetic toil in several fields of industry, that it was largely responsible for his failure in business. Although a man of fine presence, good manners, industrious habits and personal honesty, this gentleman was unable to win success. He tried venture after venture, with fair prospects for each case at the outset, but failure came with disheartening promptness. His peculiar name on a business card or appended to a letter never seemed to have any weight in business circles.

After a great many vicissitudes he reluctantly came to the conclusion that it was his name which brought him bad luck. He resolved to try the effect of a change, and with the permission of the legislature he simply reversed his name. For the sake of illustration, supposing it was Abel Smith, he obtained the legal right to change it to Smith Abel. The effect of the change was magical. The hitherto elusive success seemed to follow him as he went. Enterprises that had fallen flat before became popular and prosperous. Old debts were speedily paid and a new bank account grew to very healthy proportions. The gentleman grew rich, steadily, and his name is now on the list of the solid men of New York—New York Times.

PREVENTING FUTURE MISERY.
If there is, in this vale of tears, a more prolific source of misery than the rheumatic twinge, we have yet to hear of it. People are born with tendency to rheumatism, just as they are with one to consumption or to scrofula. Slight causes develop this tendency, and the resulting complaint manifests itself in various forms. It is a disease which, if not cured, will eventually lead to a more serious condition. It is a disease which, if not cured, will eventually lead to a more serious condition. It is a disease which, if not cured, will eventually lead to a more serious condition.

Enjoys Better Health
than L. At home on the ranch I not only tend to my family household, but last summer I cared for and milked four cows. I do not feel that I can say half enough in praise of

Hood's Sarsaparilla
Mrs. L. M. PAINE, Eagle Creek, Oregon.

"I have lived here in Oregon for the past twenty years, and most of the time have been a great sufferer from rheumatism. I have also had what the doctor called heart disease, with shortness of breath and sharp pains in the left side. I decided to take Hood's Sarsaparilla, and before I had finished three bottles I was in better health than I had been for years. I do not have any pain now, sleep well, and to-day no woman of my age

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A NOTABLE ANNIVERSARY.

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