THE SAN FRANCISCO BOARD of HEALTH.

We, the members of the Board of Health of the City and County of San Francisco,

Cordially approve and recommend the Royal Baking Powder. It is absolutely pure and healthful, composed of the best ingredients, of the highest strength and character.

In our judgment it is impossible make a purer or stronger Baking Powder than the Royal.

JOS. R. DAVIDSON, M. D.
HENRY M. FISKE, M. D.
CHAS. McQUESTEN, M. D.
T. J. LETOURNEX, M. D.

Members San Francisco Board of Health.

His Mother's Pudding.

A man who did not keep in mind that in boyhood he ate his food with a better sauce than any cook ever invented was in the habit—a habit said to be common—of making his wife uncomfortable by a too frequent reference to his mother's wonderful culinary skill.

Once, however, he was put to silence for a few days at least.

"John," said his wife, "I wish you would tell me just how your mother made her plum pudding. Then perhaps I could suit you."

"Why, she took some raisins and stirred 'em up with pudding and baked it. That's all."

"But, John, real plum pudding is boiled."

"Oh, of course. Mother always boiled it after she baked it."—Boston Transcript.

Sarcasm.

Lucy (the artistic)—Music is rather a selfish pursuit. It's so tiresome to have to listen to some one else's playing. Now art is different——

Maud (the cynical)—Entirely! It's so perfectly delightful to have to look at some one else's drawings.—Munsey's Weekly

SOMETHING NEW HERE EACH WEEK.

WATER CAN'T rise above its source. A man can't sell at the price he pays and make money. The merchant in a small store buys from some large city store like ours, that buys from the manufacturers. He can't sell to you at our prices, neither can he offer you such an assortment as ours. Gingham is something everybody uses. Make a trial of sending to a large store—to us for it. Send $1.25, with a description of what you want—light, medium or dark colors, a Scotch stripe, plaid or check—and we'll mail to you, postage paid, a 10-yard dress pattern, showing the newest styles and a quality of Gingham that we ask you to compare with any purchased elsewhere at the price. Our Spring Catalogue is a finely illustrated buying guide, which we send free at request. OLDS & KING, Portland, Or.

Watches

No one thinks of buying a watch without getting prices from

A. FELDENHEIMER

First and Morrison streets, Portland, Or., because he keeps the largest stock, buys cheaper, and can and does therefore sell cheaper. Field Glasses and Hall Clocks offered at special prices.

KING'S PANTS.

Everybody in America that wears trousers knows that KING'S ARE THE BEST. Send for rules for self-measurement and get a fit that no tailor can surpass and very few equal. These trousers are cut by the highest-price tailor artists on earth, and are made with especial view to fitting fat and lean persons—made to fit all shapes. These and WHITE'S HATS are what we pride ourselves in leading with. If you want the best hat on earth under our personal guarantee, send us your size, weight and height, and we'll send you the best hat on earth at $5—none cheaper.

A. B. STEINBACH & CO.,

First and Morrison, Portland, Or.

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 fashionable flowers and the plants are all strong, healthy and pot-grown, and sent, 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 $1.50, or a Packet of Seeds of the same varieties mixed for only 10 cents.

DIFFERENT VARIETIES

12 Roses $1.00
12 Carnations $1.00
12 Pelargoniums $1.00
12 Chrysanthemums $1.00

Flower or Vegetable SEEDS 25 Choice Varieties of Either (your own or our selection)

FOR ONE DOLLAR.

SHERWOOD HALL NURSERY CO.

S. W. Cor. Sansome & Clay Sts., - - San Francisco, Cal.

"August Flower"

I have been troubled with dyspepsia, but after a fair trial of August Flower, am freed from the vexatious trouble—J. B. Young, Daughters College, Harrodsburg, Ky. I had headache one year steady. One bottle of August Flower cured me. It was positively worth one hundred dollars to me—J. W. Smith, P.M. and Gen. Merchant, Townsend, Ont. I have used it myself for constipation and dyspepsia and it cured me, It is the best seller I ever handled—C. Rugh, Druggist, Mechanicsburg, Pa.

HAVE YOU GOT PILES

ITCHING PILES known by moisture like perspiration, cause intense itching when warm. This form and BLIND, BLEEDING or PROTRUDING PILES YIELD AT ONCE TO DR. BOSANKO'S PILE REMEDY, which acts directly on parts affected, absorbs tumors, allays itching, effecting a permanent cure. Price 50c, Druggists or Dr. J. Bosanko, Philadelphia, Pa.

PISO'S CURE FOR CONSUMPTION

Consumptives and people who have weak lungs or Asthma, should use Piso's Cure for Consumption. It has **cured thousands.** It has not injured one. It is not bad to take. It is the best cough syrup. Sold everywhere. **25c.**

THE CABIN ON THE CLAIM.

Lonely, you say, with mighty arch
Of sky so grandly bending?
By bright hued clouds and glittering stars
A tender message sending?

Joyless? When out of crimson cloud
The sunrise pours its glory,
Morn after morn repeating well
Aurora's cheerful story?

Peaceless? When night with noiseless feet,
From fields of herbs and flowers,
Sweet odors in her mantle dark
Bears to this cot of ours?

Like faintest sounds of distant seas
Pounding some castle hoary,
We hear the great world's roar and fret
And trace her changeful story.

As far away white gleaming sail,
Turning a bend of river,
A noble deed with radiant flash
Makes every heartstring quiver.

So, thankful, where the kindly stars
Spangle the blue with beauty,
We look and breathe the fervent wish
That all may do their duty.

—Boston Transcript.

Gloves at Afternoon Teas.

Gloves, the crowning finish of a well dressed woman's costume in public, have been of late years greatly misused in American society. One sees them worn at tea tables by the woman elected to represent the hostess in pouring tea, and even at dinner tables, where the wearers have been known to sit through many courses with their right hands bared, the hand of the right glove tucked under the wrist, and the entire left glove kept on. From time immemorial the habitual dinner goers of good society have removed both gloves immediately after taking their places at the table, and have resumed them upon returning to the drawing room, or after using the finger bowls, and before arising from the feast.

Any departure from accepted custom that has only eccentricity or a desire for innovation to recommend it should be avoided; hence there seems no cause for taking up the curious fashion just mentioned, probably set in a heedless moment by some leader of vogue or by an unfortunate woman of rank whose hand was made unpresentable by a disfiguring injury.—Ladies' Home Journal.

Jenny Lind's Frankness.

Jenny Lind's judgment of books, though undirected by anything like literary training, always showed independence and penetration. She was a devoted lover of Carlyle's writings, and the last book she read before her death was Mr. Norton's volume of the correspondence between Carlyle and Emerson. No doubt her admiration for the great denouncer of shams was largely due to the intense sincerity of her own character, which made it impossible for her to tolerate even those slight deviations from strict truthfulness which are seldom taken seriously, but are looked upon as the accepted formula of society. "I am so glad to see you" would hardly have been her greeting to a visitor whose call was inconvenient or ill timed But, on the other hand, her downrightness of speech had nothing in common with that of Mrs. Candour; it carried no discourtesy with it.—R. J. McNeill in Century.

Mixed Relationship.

There is a family in the southern part of the county whose complicated relationship beats anything upon record. The family name is Runk. A few years ago the Runk family consisted of father and two grown sons. In the same neighborhood there lived a widow and her two comely daughters. The oldest one of the Runk boys married one of the widow's daughters. The young man's father married the other daughter. The other one of the boys married the mother. The question that now bothers the father is whether he is his mother-in-law's father-in-law or his daughter-in-law's son-in-law, and, if both, which the most.—Mascoutah (Ills.) Cor Chicago Tribune.

Check.

"Is the lady of the house in?" asked a tramp of the servant, who rang the door bell of one of the stateliest mansions in Austin.

"De lady of de house don't come to de do' to talk wid de likes ob you."

"Then," said the tramp, elevating the remnant of a hat with a grace Chesterfield might have envied, "tell the lady of the house a gentleman wishes to speak with her in the parlor."—Texas Siftings.

Something About Quail.

When food is scarce in their natural haunts quail will boldly appear among domestic fowls, hobnob and dine with them, the two species treating each other like the long lost cousins that they are. It is thought by some commentators that quail was the miraculous food supplied to the Israelites in the wilderness. If they also made toast out of the manna, this may help to account for their leisurely stay of forty years.—Pittsburg Dispatch.

No Need to Interfere.

Excited Lady—Why don't you interfere to stop that dog fight?

Bystander—I was just a goin' to, mum; but you kin calm y'r fears now. My dog is on top at last, mum.—Good News.

The Pleasures of Friendship.

"So the marquis gave you those flowers."

"Yes; and oh, Maud, he actually said that life without me meant nothing."

"Yes, dear; everybody says you are his last chance."—Life.

WHY YOUR BABY CRIES.

EMINENT PHYSICIANS DIFFER REGARDING THE CAUSE.

Imbecilic Babies Never Cry—Tearful Influence of Pins, Colic, Hunger and Thirst—Effect of Mourning Attire on Young Babies—Regular Habits.

Although all babies are not crybabies, all babies cry.

Crying and babies go together just as ham and eggs do, liver and bacon, hooks and eyes, shoes and stockings, bread and butter. The angelic baby whose wings decrease as his legs increase is the only animal that wastes his vitality in promiscuous yelling. And yet there is philosophy in the tuneless music of infancy not generally understood by the world at large. Although involuntary, a well organized baby will show as much intelligence in his crying as his parents may in thinking.

Being the anchor of its mother, no one should know more about the subject than mothers, but unfortunately no medical or professional women with children could be induced to express an opinion as to why a baby cries.

Of the fifteen women doctors seen only three had babies of their own, one had an urgent case to attend and begged to be excused, the other was in a hurry to catch a train, and the third remarked, with masculine emphasis, that she had no time to bother with reporters.

The following opinions, most cheerfully expressed by some of the representative members of the New York Medical society, will be read with both interest and pleasure by every mother and lover of a baby.

SUFFERING OFTEN THE CAUSE.

Dr. Janeway—Babies crying are babies speaking. It is their protest against pain, ill usage or neglect. But one mother knows more about the causes than 40,000 doctors.

Dr. J. W. Dowling—A baby does not cry aimlessly. If there is a pin in his flesh, if his stomach is full of wind, if he has indigestion, cold feet or a headache he will cry long and loud. He will cry, too, if he is hungry, thirsty, sleepy, angry, hot or cold. The colicky cry is loud, emphatic and impressive, it has a businesslike, imperative, ring to it that calls for immediate and remedial attention.

When the brain is affected the cry is sharp and shrill, amounting to a shriek at times, and is indicative of intense and unbearable pain. A cry of this sort is positively agonizing to the listeners, for there is no mistaking the pain felt by the little one.

Then there is the teething cry—a pitiful, incessant, unremitting little whine that is at times incisive and petulant, and accompanied by restlessness and ill temper. The hungry cry is a bawl, vehement, eager, urgent and impatient.

The sleepy cry is something of a wail, but not tearful as a rule. The child is frequently sweet tempered, though indifferent, generally nervous and heavy eyed. The vicious cry, caused by restraint or disappointment, is noisy, clamorous, lusty and rebellious; there is more volume of voice than tears, the quality and size of the tone depending upon the anger of the little one.

It is a good test of the condition of the respiratory organs, and can be maintained for hours by a strong, healthy child. If it has inherited the willful, domineering traits of a parent or grandparent, it may throw itself on the floor, kick, scream and roll about for variety and keep up the howl until the opponent yields or it has exhausted its lung power.

Thousands of times pins are the cause of infantile outbursts No baby will cry if it is well and happy. Crying is a demonstration of suffering, discomfort, neglect or hereditary viciousness.

HUNGER, THIRST AND FEAR.

Dr. Sumner A. Mason—A baby does most of his crying because he is hungry. The cry of thirst, while not frequent, is invariably taken for grief, anger or sleepiness, and the mother spends hours patting and rocking the youngster, when a tablespoonful of cold water would make him perfectly happy. Aside from the cry caused by hunger, thirst and teething, there are almost as many other cries as there are infantile disorders.

For instance, there is the expiratory moan in pneumonia, and the husky cry that follows the coughing, there is the broken cry in croup, bronchitis and pleurisy, the continuous cry of earache, the shrill cry, accompanied by a drawing up of the legs, in stomach ache, the screaming, and wriggling of the hips in intestinal pain, irritability of the bladder, the whining cry of meningitis, when the baby fancies a bright light, and there is the silent cry when the muscles of the face contract, but some mechanical obstruction of the air passages occurs, and there is not enough strength to produce sound.

Dr. J. Lewis Smith—The instant a child is born it cries. This is a providential expansion of the lungs and not, as many suppose, an indication of suffering or pain. If the babe does not cry, we slap it and chafe it until the cry that is to open the organs of respiration is heard. Well developed, well formed and healthy babies cry lustily at birth, while the weak child has a feeble little cry. For the first few months, varying with the bodily condition of the babe, the cry is tearless, and it is not till the second year that the lachrymal or tear ducts are fully developed. After that there is a copious shedding, and a very slight cause will lead to crying.

Children are not born without fear, and at sight of a strange person, object or an animal a baby of average intelligence will cry. A black dog, black cat or a horse will produce more disturbance in the mind of a baby than a white kitten, canary bird or a white rabbit. Children are visibly attracted by any bright object, they never tire of looking at a bright light, flowers please them, and they are drawn to people gayly or brightly dressed. A child refusing to go to a relative in dark clothes would not hesitate if the suit were changed to a light color, with a white, red or blue necktie.—New York World.

A Grammatical Proposal.

Both were young and handsome. Both had only recently graduated—one from a female, and the other from a male institution of learning. Both had been silent admirers for over a year. Both were inexperienced in the art of love making, which, although practiced by college students, is not taught in colleges. He wanted to propose; she wanted him to do so. He did not know how to do it; she did not know how to teach him, but the conversation happened upon grammar—nouns and verbs, etc. He saw his opportunity. This is how he improved it, and how she snapped at it:

He—Can you decline "love?"

She—I cannot.

He—Can you conjugate——

She—Certainly. I love you——

He—Stop! Can you form a conjunction?

She—Just ask pa. He is not much of a grammarian, but I'll go and teach him his lesson.

Pa was an apt pupil, and in half an hour all the apparently insurmountable obstacles had been overcome.—New York Herald.

Saved a Cool Thousand.

Wife (proudly)—I saved you $1,000 today.

Husband—Saved $1,000? We haven't that much to save. We haven't $100 we can call our own. Hang me if we have over $10, come to think.

Wife—But you have always said that if you ever had money enough you would build a house.

Husband—Of course.

"Well, for $5 I bought a book showing how to build a $10,000 house for $9,000.—New York Weekly.

SWAM AWAY WITHOUT ITS HEART.

A Mobile Doctor Tells a Most Remarkable Story of a Dissected Shark.

Dr. Rhett Goode, the well known surgeon of this city, tells a story which is certainly one of the most remarkable ever recorded. It is a fish story, but a true one.

The doctor, with Messrs. W. H. Barney, E. O. Zadek and W. C. Gellibrand, was the guest of Captain J. W. Black, manager of the Sullivan Timber company, on an excursion down the day. The party reached Fort Morgan early in the morning, and spent the day in fishing, enjoying excellent sport. Mr. Barney brought two shark lines and cast them early in the day, but not until afternoon, when the party was at dinner, did he get a bite. Then the fisher men pulled in two moderate sized sharks, one about five feet long and the other about seven feet long. When the fish, after considerable excitement, were pulled up on the wharf they were given their quietus with an ax.

Some time after it was suggested that Dr. Goode open the sharks and recover whatever gold watches, finger rings, etc., their stomachs should be found to contain. The doctor opened the seven footer, and then piled the knife on the smaller shark. The story, as he tells it, is as follows:

"I made a straight incision and opened the body of the shark. I took out the stomach, the alimentary canal and the intestines, and, having examined the stomach, threw those organs over into the water. Having a curiosity to see how large a heart such a fish has I cut into the diaphragm and extracted the heart. This organ, I found, was about the size of an egg, rather small, I thought, for so large a fish. The curious thing about it was that it continued to pulsate after I had taken it from the fish. It beat regularly for a minute or more, lying there in my hand. When it stopped beating I pricked it with the knife, and it again pulsated for a short time. It was perfectly empty of blood.

"Meantime the pilot and others pitched the seven foot shark off the wharf, and it sank to the bottom. We could see it plainly through the clear water. They then took the smaller shark, all of whose internal organs I had removed, and whose heart I held in my hand, and threw it into the water. You can judge of our surprise to see that shark swish its tail around and flap its fins from side to side, and then swim briskly away until it disappeared."

"It went with the current?"

"Yes, but it was swimming. We all saw it as plain as could be. The other shark sank like a shot; this one swam straight away, as naturally as any fish."

"Was the fish apparently dead when you cut it up?"

"Yes. It did not make a single move all the time I was cutting it. The way that dissected fish did beats anything I ever heard of or ever imagined. We could see it for twenty or thirty yards as it swam away. It made the pilots down there open their eyes, I assure you."

Mr. Zadeck, who was present when the doctor described this curious happening, said, when referred to, that it was "a true bill"—the most wonderful thing he ever saw.—Mobile Register.

The Perfect Dancer.

The talent is inborn, not to be acquired. People are born dancers, as they are born singers and mesmerists. Training is necessary to strengthen and make flexible the muscles of the body, as training is necessary to give the singer control of her great voice. But you can no more make a dancer by training than you can a prima donna. The raw material must be there, sometimes to let itself be shaped and subdued by cultivation, sometimes to submit to it impatiently, and, the beat of the music calling, to cast away the restrictions of training and plunge into the exaltation of the dance with the spontaneity of one who was created a dancer by nature.

About the talent of the real dancer there is something of mystery. A pulse beats in her feet that gives her a mystic grace awarded to no other. In the rise and fall of the music she finds woven paces that no other eye can see. With a weird intuition, incomprehensible to herself, she is able to interpret into movement the secret spirit of the melody, to give form and color to the composer's fantasies, richer and more beautiful than any he had ever dreamed of.

The gift has come to her from what unknown sources, through what unimagined intricacies of heredity! Hundreds have come and gone, each adding his quota to this talent which breaks into actual life in her. For a fleeting moment on the stage she seems to live in a world separate and apart, and to be inspired in her wild movement by the same spirit that inspired Salome when she danced off John the Baptist's head.—San Francisco Argonaut.

A Petrified Salmon.

Henry Benson, of Hayden Hill, Lassen county, Cal., has in his possession a specimen of petrified salmon. The former fleshy parts resemble crystallized and variegated quartz, retaining in part the yellowish color of the salmon, and what was formerly the skin of the fish is now a sort of porcelain as hard as pure white flint. The texture of the entire specimen is that of hardest quartz. It was found on a hill side at about 1,500 feet altitude from the floor of "Big Valley," and was evidently petrified at the point where found. This would indicate that the salmon formerly inhabited the ancient rivers, the beds of which now form parts of the strata of the Sierra Nevada mountains, and in which ancient channels lie the rich deposits of California's gold.

These ancient river beds, as is well known, are found at various heights above the sea level, and in some places but a few hundred feet below the crests of the highest ranges, and perhaps hundreds of feet below the present formation of the surface of the earth, and running entirely independent of any present formation. To determine with certainty that this salmon inhabited these ancient rivers would be an interesting fact, as it would fix at a much later date than is now generally supposed the geological period when, by mighty upheavals, these old river courses were changed and obliterated from the face of the earth, and gigantic mountains formed in their stead.—St. Louis Republic.

A Parisian Writer.

The woman's movement is making great strides in modern France, notwithstanding that a great deal of ridicule is cast upon it. Mme. Cheliga-Loevy, although not a Frenchwoman by birth, started the present movement, and she works unceasingly to ameliorate the lot of her poor sisters under the existing laws and regulations. She is the president of the International Union of Women, which has its headquarters in Paris. She lives with her husband, who is an artist, in a flat in the old quarter of Paris.

The only daughter of a wealthy Polish nobleman, she learned when a child to speak and write French fluently. At the age of sixteen she wrote and published her first novel. About ten years ago she settled in Paris, and while there met and married her husband, who shares all her ideas, moral, political and social. It was not until after the congress in 1889 that Mme. Cheliga-Loevy made up her mind to found the Union Universelle des Femmes, which won the approval of Simon and Renan. In connection with this association she started The Bulletin des Femmes, a tiny magazine devoted to all that concerns women's work.

She acts as correspondent of a number of foreign periodicals and has at times lectured. She claims absolute equality with men, neither more nor less, and is by conviction a socialist. Her mode of life makes it almost impossible for her to go much into society, but she is to be met occasionally in literary and political circles.—Chicago Post.

Reason for Thinking So.

"How much commission do you people get from the collar and cuff factories?" asked an indignant patron of a laundry the other day. "What do you mean?" asked the proprietor in a conciliatory tone. "Mean just what I say," was the response. "Of course, people in your business are not helping the collar and cuff factories for nothing, and without the destructive power of your acids and your mangles they would not have one-tenth of the trade they now enjoy. Come, now, tell me what your commission is for destroying collars and cuffs and I will pay you my proportion of it if you will let up on my linen." The laundryman forced a smile and endeavored to treat the question as a joke. "I am not joking," persisted the customer; "you have smashed fifty collars and nearly as many pairs of cuffs of mine all to pieces in three months, and that is no joke. I buy the best of linen goods and you invariably ruin each article at the second wash.

"Now, of course there must be a motive in that. I believe that you chaps are in league with the manufacturers of collars and cuffs, and I propose to organize a laundry syndicate and start a lot of fair and square laundries, unless you let me into your scheme." The laundryman then became serious, and earnestly protested that he was not in collusion with any collar and cuff factories. The frayed and broken condition of his patron's linen he attributed entirely to 'an occasional accident.'"—New York Times.

Peruvian Wool Fabrics.

Peruvian woolen fabrics were of three kinds—a coarse woolen cloth, which they called avasca, which formed the raiment of the common people; a finer variety, called compi, worn by the captains and officials, and still another, also called compi, but of much finer quality, reserved for the use of persons of royal blood. Specimens of this cloth, still preserved, reveal a fineness of texture and an exquisite finish which modern ingenuity rarely equals. Both sides of these cloths were woven alike. The delicacy of the texture gave it the luster of silk, while the brilliancy of the dyes employed excited the envy and admiration of the European artisan.

The Peruvians made also shawls, robes, carpets, coverlets and hangings in great varieties of patterns. They knew how to produce an article of great strength and durability by mixing the hair of animals with the fleece of their llamas.—S. N. D. North in Popular Science Monthly.

Progressing.

"This is a magnificent place, sir. Why, ten years ago I came here with nothing but the clothes on my back."

"And now?"

"I've got another shirt."—Harper's Bazar.

NERVOUS DYSPEPSIA.

Senator James F. Pierce of New York says:

"For the past two years I have suffered very much from an aggravated form of nervous dyspepsia. I have resorted to various remedial agents, deriving but little benefit. A few months since a friend of mine suggested the trial of ALLCOCK'S POROUS PLASTER. Following the suggestion, I have been using the same with the happiest effects. To those similarly afflicted let me suggest the manner of their use. I place one over my stomach, one over the hepatic region and one on my back. The effect is excellent. From the day I commenced their use have been slowly but surely improving, and am quite confident that by continuing I shall again be restored to my accustomed health."

"King writes me that he is doing some very brilliant work now." "Yes; he is writing ads. for a new stove polish."

RUPTURE AND PILES CURED.

We positively cure rupture, piles and all rectal diseases without pain or detention from business. No cure, no pay. Also all Private diseases. Address for pamphlet Drs. Porterfield & Losey, 838 Market street, San Francisco.

The stars which one sees upon being knocked down furnish the fierce light that beats about the thrown.

Throat diseases commence with a cough, cold or sore throat. "*Brown's Bronchial Troches*" give immediate relief. *Sold only in boxes.* Price, 25 cents.

Playwright—What do you think of my play? Truthteller—I beg pardon, but it is not calculated to provoke thought.

Our readers will serve themselves by noticing the remarkable offerings advertised in another column by the Sherwood Hall Nursery Co. of Menlo Park and San Francisco, who are leaders on the coast in furnishing everything for the farm and garden.

Mark this: You don't have to be disagreeable to be good.

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 should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, O., by F. J. Cheney & Co. Testimonials free.

Sold by druggists; price, 75 cents per bottle.

169

Hood's Cures

Sciatic Rheumatism

Quick Relief and Perfect Cure

Mr. C. B. Patrick
Stockton, Cal.

"I was so badly afflicted with sciatic rheumatism that I could scarcely move. I used a great many remedies which did me no good. A friend presented me a bottle of Hood's Sarsaparilla, which I began to take. The relief was quick and two bottles cured me completely. I authorize the use of my name and portrait in recommending Hood's Sarsaparilla, for I think it a very valuable medicine. I recommend it to all who may be afflicted with rheumatism or old

Hood's Sarsaparilla Cures

fever sores, as I know of a lady in Oakland who has been cured of ulcers by this wonderful medicine." C. B. PATRICK, No. 365 California St., Stockton, California. Get HOOD'S.

Hood's Pills act easily, yet promptly and efficiently, on the liver and bowels. 25c.

N. P. N. U. No. 489—S. F. N. U. No. 566

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 a tendency to rheumatism, just as they are with one to consumption or to scrofula. slight causes may develop this. As soon as the agonizing complaint manifests itself, recourse should be had to Hostetter's Stomach Bitters, which checks its further inroads and banishes the rheumatic poison from the system. This statement tallies exactly with the testimony of physicians who have employed this fine blood depurent in their private practice. There is also the amplest professional and general testimony as to the efficacy of the Bitters for malaria, liver complaint, constipation, indigestion, kidney trouble, nervousness and loss of appetite and flesh. After a wetting, whether followed by a cold or not, the Bitters is useful as a preventive of the initial attack of rheumatism.

He—No, the boss doesn't pay me more than I'm worth. She—How in the world do you manage to live on it?

TRY GERMEA for breakfast.

Use Enameline Stove Polish; no dust, no smell.

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

JUST A LITTLE

pain neglected, may become

RHEUMATISM, NEURALGIA, SCIATICA, LUMBAGO.

Just a little

SPRAIN

may make a cripple.

Just a little

BRUISE

may make serious inflammation.

Just a little

BURN

may make an ugly scar.

Just a little

COST

will get a bottle of

ST. JACOBS OIL,

A PROMPT and PERMANENT CURE.

Years of Comfort against Years of Pain for

JUST A LITTLE.

A copy of the "Official Portfolio of the World's Columbian Exposition," descriptive of Buildings and grounds, beautifully illustrated, in water color effects, will be sent to any address upon receipt of 10c. in postage stamps by THE CHARLES A. VOGELER CO., BALTIMORE, MD.

CURE THAT COUGH WITH SHILOH'S CURE

25cts., 50cts., and $1.00 per Bottle. One cent a dose.

THIS GREAT COUGH CURE promptly cures where all others fail. Coughs, Croup, Sore Throat, Hoarseness, Whooping Cough and Asthma. For Consumption it has no rival; has cured thousands, and will cure YOU if taken in time. Sold by Druggists on a guarantee. For a Lame Back or Chest, use SHILOH'S BELLADONNA PLASTER. 25c.

SHILOH'S CATARRH REMEDY.

Have you Catarrh? This remedy is guaranteed to cure you. Price, 50cts. Injector free.

TAKE PFUNDER'S. OREGON BLOOD PURIFIER. CURES KIDNEY & LIVER DISEASES. DYSPEPSIA. PIMPLES, BLOTCHES AND SKIN DISEASES. HEADACHE & COSTIVENESS. PURE BLOOD

The Rugged Child

is largely an "outdoor" product. Fresh air and exercise usually produce sound appetite and sound sleep. Sickly children obtain great benefit from

Scott's Emulsion

of cod-liver oil with Hypophosphites, a fat-food rapid of assimilation and almost as palatable as milk.

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

OPIUM Morphine Habit Cured in 10 to 20 days. No pay till cured. DR. J. STEPHENS, Lebanon, Ohio

HERCULES GAS ENGINE.

Run With Gas or Gasoline.

Your Wife can run it. Requires no licensed engineer. Makes no smell or dirt. No Batteries or Electric Spark.

PALMER & REY,

SAN FRANCISCO, CAL. PORTLAND, OR.

BEATS STEAM POWER

IN GLASS.

That's the way Dr. Pierce's Pleasant Pellets come. And it's a more important point than you think. It keeps them always fresh and reliable, unlike the ordinary pills in cheap wooden or pasteboard boxes.

They're put up in a better way, and they *act* in a better way, than the huge, old-fashioned pills. No griping, no violence, no reaction afterward that sometimes leaves you worse off than before. In that way, they cure *permanently.* Sick Headache, Bilious Headache, Constipation, Indigestion, Bilious Attacks, and all derangements of the liver, stomach, and bowels are prevented, relieved, and cured.

They're tiny, sugar-coated granules, a compound of refined and concentrated vegetable extracts—the smallest in size, the easiest to take, and the *cheapest* pill you can buy, for they're guaranteed to give satisfaction, or your money is returned. You pay only for the *good* you get.

There's nothing likely to be "*just as good.*"

DR. GUNN'S ONION SYRUP FOR COUGHS, COLDS AND CROUP.

GRANDMOTHER'S ADVICE.

In raising a family of nine children, my only remedy for Coughs, Colds and Croup was onion syrup. It is just as effective to-day as it was forty years ago. Now my grandchildren take Dr. Gunn's Onion Syrup which is already prepared and more pleasant to the taste. Sold everywhere. Large bottles 50 cents. Take no substitute for it. There's nothing as good.

WORRIED?

Are you anxious and nervous? Are you troubled because your periods are irregular If you have not neglected attending to them over 3 months, you can speedily be relieved without the least danger or inconvenience. I will forward you a remedy guaranteed to restore the most aggravated case, by express, C. O. D., for $5.00. Do not delay, as there is always danger if neglected too long. Address all communications and remittances to DR. J. V. LAMOTTE, P. O Box 2223, San Francisco, Cal.

PRINTERS —AND— PUBLISHERS

—WILL FIND A FULL LINE OF—

TYPE, Presses,

Printing Material and Machinery

For sale at lowest prices and most advantageous terms at

Palmer & Rey Type Foundry,

Cor. Front and Alder Streets,

PORTLAND, OR.

Write for prices and terms before buying elsewhere.

BLOOD POISON A SPECIALTY.

Primary, Secondary or Tertiary Syphilis permanently cured in 15 to 35 days. You can be treated at home for the same price and the same guarantee; with those who prefer to come here we will contract to cure them or refund money and pay expense of coming, railroad fare and hotel bills, if we fail to cure. If you have taken mercury, Iodide potash, and still have aches and pains, Mucous Patches in mouth, Sore Throat, Pimples, Copper-Colored Spots, Ulcers on any part of the body, Hair or Eyebrows falling out, it is this Syphilitic BLOOD POISON that we guarantee to cure. We solicit the most obstinate cases and challenge the world for a case we cannot cure. This disease has always baffled the skill of the most eminent physicians. $500,000 capital behind our unconditional guarantee. Absolute proofs sent sealed on application. Address COOK REMEDY CO., 1325 to 1331 Masonic Temple, Chicago, Ill.

FRAZER AXLE GREASE

Best in the World! Get the Genuine! Sold Everywhere!

FRANK WOOLSEY, Agent, Portland, Or.

WRITE FOR AGENCY

DON'T BE A MARK BY NOT RIDING THE RIGHT BICYCLE

SEND FOR OUR CATALOGUE—TELLS YOU ALL ABOUT "Imperials" & "Yosts"

NORTH PACIFIC CYCLE CO.

BICYCLES OF EVERY DESCRIPTION.

MARQUAM BUILDING - PORTLAND OREGON.

YOUNG MEN! The Specific A No. 1.

Cures, without fail, all cases of Gonorrhœa and Gleet, no matter of how long standing. Prevents stricture, it being an infernal remedy. Cures when everything else has failed. Sold by all Druggists. Manufacturers: The A. Schoenhei. Medicine Co., San Jose, Cal. Price, $3.00.

Cures in 1 to 5 DAYS. Guaranteed not to cause Stricture. Big G is the acknowledged leading remedy for all the unnatural discharges and private diseases of men. A certain cure for the debilitating weakness peculiar to women. I prescribe it and feel safe in recommending it to all sufferers. Mf'd only by THE EVANS CHEMICAL CO. CINCINNATI, O. U. S. A. A. J. STONER, M. D., DECATUR, Ill. Sold by Druggists. PRICE $1.00.

"WHERE DIRT GATHERS, WASTE RULES."

GREAT SAVING RESULTS FROM THE USE OF

SAPOLIO

RHEUMATISM CURED BY THE USE OF

Moore's Revealed Remedy.

ASTORIA, OREGON, January 10.—I can state with pleasure that by the use of MOORE'S REVEALED REMEDY my husband was relieved from an old case of RHEUMATISM and my youngest boy cured entirely of INFLAMMATORY RHEUMATISM when the best doctor I could get did him no good. Yours in gratitude, MRS. N. V. STEELE.

SOLD BY YOUR DRUGGIST.

LOOK OUT FOR TRAVELING "FAKIRS"

—SELLING "CHEESE-FRAME"

BICYCLES

And representing them to be just as good as "Victors," "Ramblers," "Clevelands," "Raleighs," "Rudges," "Sylphs," Western Wheel Works, Etc.

Send for catalogues, club and agents' discounts.

FRED T. MERRILL,

326 Washington Street, Portland, Or.