

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.

The college student is apt to find that the beginning comes after the commencement is past.

RUPTURE AND PILES CURED.

We positively cure ruptures, piles and all rectal diseases without pain or detention from business. No cure, no pay. Also all Private Diseases. Address for pamphlet Dr. Porterfield & Loney, 233 Market Street, San Francisco.

The desirability of bonds depends on whether you hold them or they hold you.

THE MOST POPULAR SONG
of the DAY
Charms the heart of every Smoker

Tobacco is a luxury—a quieting, restful friend to mankind. The better the quality the sweeter and milder the smoke. In all these good qualities **MASTIFF PLUG CUT** stands at the head of smoking tobaccos.

J. R. Pace Tobacco Co., Richmond Virginia.

S.S.S. CURES MALARIAL POISON

Nature should be assisted to throw off impurities of the blood. Nothing does it so well, so promptly, or so safely as Swift's Specific.

LIFE HAD NO CHARMS.

For three years I was troubled with malarial poison, which caused my appetite to fail, and I was greatly reduced in flesh, and life lost all its charms. I tried mercurial and opium remedies, but to no effect. I could get no relief. I then decided to try **S.S.S.** A few bottles of this wonderful and permanent medicine made a complete and permanent cure, and I now enjoy a better health than ever. J. A. RICE, Ottawa, Kan.

Our book on Blood and Skin Diseases mailed free. SWIFT SPECIFIC CO., Atlanta, Ga.

"August Flower"

Miss C. G. McCLAVE, School-teacher, 753 Park Place, Elmira, N. Y. "This Spring while away from home teaching my first term in a country school I was perfectly wretched with that human agony called dyspepsia. After dieting for two weeks and getting no better, a friend wrote me, suggesting that I take August Flower. The very next day I purchased a bottle. I am delighted to say that August Flower helped me so that I have quite recovered from my indisposition."

AN EXPLANATION AND ANSWER.

WHAT IS WINTERILLA?

Why, it is a pleasant and effective remedy for the positive cure of Chapped Hands, Poison Oak, Salt Rheum, Eczema, Sun Burn, Tan; positively removes Freckles, and is one of the grandest luxuries for gentlemen after shaving. This is an exquisite article prepared with the greatest care by scientific experts. Its component parts are perfectly harmless, and the ladies toilet is not complete without it. One trial will convince the most skeptical that what we say of WINTERILLA is true. For sale by all druggists in 25c and 50c bottles.

Had Him There.



Gentleman—I'm afraid you're a bad egg. This is the third time I've caught you poaching.

Pat—Sure, av I wuz a bad egg I wouldn't poach.—Harper's Bazar.

Sympathy.

Miss Well-to-Do—It's very distressing to think that while we are enjoying so many luxuries so many poor people are wanting necessities.

Mr. Cleverclat (who poses as a philosopher)—Quite so. But a converso, you know, it must be very consoling to the poor people to know that while they are wanting necessities so many people are enjoying luxuries.—Chatter.

A Patriotic Employer.

Blotson—By the way, Dumpsey, how do you like your new clerk?
Dumpsey—Don't like him at all.
Blotson—Why don't you fire him, then?
Dumpsey—So I shall, but not right away. It has occurred to me that it would be a neat little bit of patriotism to hold off till next Fourth of July and then fire him. See!—Burlington Free Press.

Blasted Hopes.

"Where are you going this summer, Jack?"
"I can't go anywhere, Jim. I haven't got any money."
"Why, I thought you told me that you had expectations from your uncle."
"So I had; but he would not accept the collateral I offered him."—Boston Courier.

Their Mistake.

"The great mistake we made," said one man to another as they sat in the dock awaiting trial for a swindling operation, "was not in studying law in our youth."
"Then we'd never have committed this crime."
"No; we'd have done it better."—Washington Post.

"Ice Safes."

Crimsonbeak—I notice that even the refrigerator men appreciate the value of ice this season.
Yeast—How so?
"They used to advertise them as ice chests, but this season I notice they very properly call them ice safes."—Yonkers Statesman.

Great Difference in Dogs.

Inquirer wants to know if dogs can find their way home from long distances?
It's according to the dog. If it's one you want to get rid of he will find his way home from Manitoba. If it's a good one he will be likely to get lost if he walks a hundred yards away.—Puck.

Still True to His Colors.

Wearry Raggles—What has become of Lazy Luke?
Tired Tatters—He's at work.
"He's at work trying to perfect a labor saving machine."
"Oh!"—Puck.

The Miserable Looking Horse.

Of all horses, the miserable looking horse attracts most attention. This is the horse persecuted by the checkrein. Like women and men who wear shoes a size too small, he shows the outward evidence of misery. Many good natured horses, horsemen say, have been made fretful and vicious by being enslaved by the infamous and cruel checkrein.—New York Sporting World.

Some Large Cities.

London in 1801 had a population of 4,251,431; Paris, in 1896, one of 2,344,550; Vienna, in 1890, one of 1,364,548; Berlin, in 1890, one of 1,579,244; New York, in 1890, one of 1,710,715; Canton one of about 1,600,000, and Peking one of 500,000.—New York Sun.

Use Enameline Stove Polish; no dust, no smell.

TRY GERMEA for breakfast.

CURE FITS!

When I say cure I do not mean merely to stop them for a time and then have them return again. I mean a radical cure. I have made the disease of FITS, EPILEPSY or FALING SICKNESS a life-long study. I warrant my remedy to cure the worst case. Because others have failed is no reason for not now securing a cure. Send at once for a treatise and a Free Bottle of my infallible remedy. Give Name and Post Office. H. S. BOST, M. D., 192 Pearl St., N. Y.

SAIL.

The silver surf and yellow sand
Are bent and blurred, in morning haze,
The low shores in a narrowing band
Twist shy and water, as if gales.

The air is loud in every sail.
The ship leans, leaning toward the sun,
Wind harnessed and waves byrns tall.
Our light, and discords there are none.

My heart is filled with sunrise; all
The curled, cool combes abate and sing:
The slow strong rollers' flow and fall
Is tuned to melodies of spring.

The land behind is sunk, and now
All 'round the sea the sky rim shines.
The spray spurts onward from the bow
And the masts shoot like mountain pines.

The long waves quiver; from the flowers
Of dazzling foam the spray is blown
Like pollen down the slopes in showers
Like sun hues blended with its own.

The sky is cool, the breeze is bright,
The surges away, the yards bow low.
The sea is vocal with the light.
From crest to clambering crest we go.
—Edward Lucas White in New York Sun.

Expensive Oatmeal.

An elderly gentleman whose habit of overeating at unseasonable hours induced frequent attacks of dyspepsia, went to a large and fashionable southern hotel to spend the month of March, by the advice of the popular physician who ministered to his ailments.

The gentleman was not fond of spending money lavishly under any circumstances, and the expense of the trip weighed upon his mind to such an extent before his departure from home, that his friends were by no means surprised to see him back again at the end of ten days.

"Did you have a good time down there?" asked an acquaintance who met him on the street a day or two after his return.

"Seems to me you're looking rather poorly."

"Poorly!" groaned the dyspeptic. "You'd better say poor! Thirty dollars for oatmeal gruel! That is what I've had to pay, sir where I've been!"

"What in the world do you mean?" asked the other, much mystified.

"Why, I mean just this," grumbled the sufferer. "The night I got there I ate a fairly good supper, and the next morning I came down with one of my dyspepsia attacks, and I never ate another thing but oatmeal gruel for the six days I was in that place. And they wouldn't take a cent off the bill—not a cent, sir! So I packed my things and started for home. It was the most outrageous experience of my life!" he concluded, turning pale at the very recollection of his wrongs.

"I wanted to ask him if it was good oatmeal at that price," said the friend, telling the story afterward to his wife. "But I didn't quite dare!"—Youth's Companion.

Women at Balls.

"What do I think of the position of women in society?" said the debutante. "Why it is just perfectly horrid! I should love to go to balls and dances if it were not for the dreadful incubus of finding partners for the german, or for supper, and for the miserable fear of being 'left out.' As for the men, they need not flatter themselves that being in a manner lords of the situation adds to their attractions, it makes 'em girls just look upon them as 'thinks' to dance with, and one is as good as another. And as for any natural conversation, it simply paralyzes it. How quite too ridiculous it is for girls of our age to be so abjectly helpless! Why, the other night Adele L.—and I were taken down to supper at the Patriarchs' and were deposited together at a table.

"After our escorts, who were oldish sort of men, had seen that our plates were filled, they disappeared and never came back at all. Every one left to go up stairs and we were left in the lurch. We were wretchedly uncomfortable, but we actually did not dare to go up the short flight of steps and enter the ballroom alone. Finally that dear, sweet Miss B.—saw our embarrassment and came over to us with her partner, and under the aegis of his masculine protection we crept rather consciously up stairs."—New York Tribune.

The Gillyflower Apple.

An old favorite in the apple line was the little Gillyflower. This and the Tallman Sweet were the prime favorites thirty years ago. Their names are seldom heard now.

The Gillyflower was a small, dark red apple, shaped much like the sheepnose of the present day. Its coat was smooth, and when polished would cast reflections like a mirror. The flesh was quite sweet, but it was very dry, for which reason it was not so satisfying as a pippin. It would crumble into flour under slight pressure, and it was therefore impossible to safely ship the apples to distant points.—New York Evening Sun.

Musical Item.

The other evening at a concert a long haired pianist was punishing the instrument with epileptic gestures, and evoking what was supposed to be descriptive music.

An old lady went into ecstasies of admiration.

"How fine!" she exclaimed. "One can hear the roar of the cannon; the town has been taken by assault; they are fighting in the streets; the soldiers are already giving themselves up to pillage—the!"

"Oh," sighed a neighbor. "If the soldiers could only carry off the piano!"—Texas Sittings.

A Definition of Fame.

A few days ago a well known congressman defined a statesman to be a successful politician—who is dead. Yesterday a Boston man telegraphed him this terse inquiry: "Why don't you die?"

"Not yet," replied the congressman. "Fame is the last infirmity of noble minds."—Washington Post.

Varnished Shoes.

Varnished shoes, so says a fashionable shoemaker, are not ladylike, and will never be really fashionable. And he adds that women who dress their feet well are using shoes half a size too long for them, so that the long, narrow effect may be produced.—Ladies' Home Journal.

There's a Once Able to boast that he had on his shelves a library of several hundred volumes, the greater part of which he had written himself. His publishers could not dispose of the first edition of his first book, and thinking it useless to keep the volume longer had sent them to their author.

From the experiments of Mr. Tesla it seems that high tension alternating currents cease to be dangerous when the frequency is great enough to make the work done at each alternation exceedingly minute.

The largest animal known is the roqual, which is 100 feet in length; the smallest is the twilight mouse, which is only the twelve-thousandth of an inch.

FASCINATION.

Why so Many Ladies Who Should be Attractive Fail to Please—A Brilliant Woman Reveals the Secret.

[Ladies' Home.]

"Dress is everything."
"In it? Some beautiful women cannot be improved by a dress, no matter how artistic it may be made."

The speakers were two lady reporters for society papers. They had attended balls, receptions and parties for years. They had studied the effects of costumes, the lines of beauty, and had faithfully written upon them in the papers they represented. They were masters in their art and yet they differed.

"You cannot prove your assertion by any lady of high standing and authority."

"I can," replied her companion. "Within two days I will show you an interview with the leading woman on dress of America." And the two friends parted.

Last Wednesday they met at the same place, when, producing a neatly-written manuscript, the lady read the following remarkable interview:

"Mrs. Annie Jenness-Miller is the acknowledged authority in America upon the subject of dress. An attractive woman herself, she knows how to render other women attractive in the highest degree. I sought an interview; it was granted, and I give you the results:

"Do you think, Mrs. Miller, that women are made more attractive by their dress?"

"That depends upon what you mean by attractive."

"Pleasing, fascinating if you choose—more charming to men and other women."

"A simply beautiful woman is seldom attractive; a stupid one never. It is the soul, the life, the brilliancy, which render women attractive."

"I'll admit that, but what makes women brilliant?"

"Vivacity, brightness and good health. Did you ever see a sickly woman able to entertain a dinner party of bright people? On the other hand, did you ever know a cultivated and refined woman, overflowing with animal life and spirits, who was not fascinating?"

"So you believe perfect health is the secret of fascination, do you?"

"Most certainly. Artistic dressing is proper, fine curves attractive, but life, such as comes from healthy throbbing blood, is alone fascinating. It is a great mistake, however, to think that health is preserved by dress alone. Women must have proper food, freedom from care, and a good friend in need."

"What do you mean by that?"

"Some assistance physically. All women feel depressed at times, and all pleasure seems gone out of life. On all such occasions, and indeed whenever blue or worn out, she needs help. I know, because I have been in that condition myself."

"And what do you do when in that condition?"

"One thing, and one thing only. I am assisted by the best friend that any woman ever had. It is Warner's Safe Cure. I mean it, and I have good reason to speak as I do. You think I am a perfectly healthy woman; so I am, but I take several bottles of this great cure every season just as I take additional care in the selection of tonic-giving food. As you know, there are certain times when every woman needs assistance. At such times, and before such times, there is, so far as I know, but one thing that can help, and that is the great cure I have named."

"I had Mrs. Miller a reluctant good-by, for I felt that I had met a woman who knew women, what their trials and troubles were, and what they required."

What Intermittency Means.

Intermittency is that form of irregularity in which the pulse appears to drop a beat occasionally. In some instances it occurs regularly and two or three times per minute for several hours; sometimes, also, it is very irregular, and is noted a number of times within a few seconds and not again for a minute or more. This peculiarity generally causes much uneasiness, yet, while it may be a very serious symptom and associated with grave and incurable disease of the heart, it often signifies merely a functional disturbance which is in no wise dangerous.—Hall's Journal of Health.

Ancient History.

Abraex was another of those old fashioned gods who would look funny in this day. The Persians had an idea that he was the supreme being No. 1, but the Greeks who used to job lot the gods, marked him down to No. 365. Under either system he got into the 400. He was very good, and had the most complete collection of virtues in the universe. The precise date of his death is not known, but the presumption is that he died young.

TOWER'S IMPROVED Slicker

is the only Absolutely Water Proof Coat!

Guaranteed NOT to Peel, Break or Stick to Leak at the Seams.

There are two ways you can tell the genuine Slicker: the Flat Brand trade mark and a Soft Wood on Outside. Sold everywhere, or sent free for price.

A. J. TOWER, Manufacturer, Boston, Mass. Our Slicker Brand is better than any waterproof coat made except the Flat Brand.

CONSUMPTION.

I have a positive remedy for the above disease; by its use thousands of cases of the worst kind and of long standing have been cured. Indeed so strong is my faith in its efficacy, that I will send two bottles FREE, with a VALUABLE TREATISE on this disease to any sufferer who will send me their Name and P. O. Address.

W. A. BLOOM, M. D., 152 Pearl St., N. Y.

CONSUMPTION.

If you have Malaria, Piles, Sick Headaches, Costive Bowels, Dumb Ague or if your food does not assimilate,

Tutt's Tiny Pills

will cure these troubles. Dose small. Price, 25c. Oblee, 33 Park Place, N. Y.

Its First Effect.

"Look here!" exclaimed the grocer to a customer. "That's the sixth lump of sugar you have put in your mouth."
"That's all right." The last tariff bill put sugar on the free list.—Wilmington Craftsman.

An Inconsiderate Offer.

"I'm all unstrung," said the tramp.
"What's the matter?"
"There was a woman over in Genesee this morning said she could give me work."

DEAD SEA FRUITS.

They slay multitudes when they are the product of neglect of incipient disease. A "night" advance in indigestion, biliousness or constipation, each or any of these "minor ailments" advanced in many cases with "league destroying strikes" give them a swift, early defeat with Hostetter's Stomach Bitters and avert the danger. Abernethy administered an alarming rebuke to the man who informed him that he had "only a cold." "Only a cold," repeated the doctor.

"What would you have—the plague!" Rheumatism and grippe are easily extinguishable at the start. Why then allow them to get up a full head of steam? Put on the brakes with the Bitters. The genial warmth which this superb medicine gives through the system, the impetus it gives to the circulation of the blood, its tonic and strengthening effect upon the nervous system, and its direct action upon the bowels, is the great specific for malaria.

Daughter—Shall we invite Dr. Bigbee to the reception? Mother—I think we'd better not, he's so absent-minded. He might charge it in the bill!

\$100 REWARD. \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh, being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer \$100 for any case that it fails to cure. Send for testimonials. Address:

F. J. CHENEY & CO., Toledo, O.
Sold by druggists; 75 cents.

It looks as though the North Pole was playing a kind of Emin Pasha game. It doesn't want to be found.

For relieving throat troubles and coughs "Brown's Bronchial Trochies" have a worldwide reputation. Sold only in boxes. Price, 25 cents.

"Father," said a six-year-old, "where is Atoms?" "Atoms, my boy? What do you mean?" "Why the place where everybody gets blown to?"

There's nothing left of Catarrh when you use Dr. Sage's Catarrh Remedy.

With the poisonous, irritating snuffs and strong, caustic solutions, a good deal is left. They may, perhaps, stop it for a time, but there's danger of driving it to the lungs. They work on false principles.

But Dr. Sage's Remedy cures it, no matter how bad the case, or of how long standing. Not only Catarrh itself, but Catarrhal Headache, Cold in the Head—everything catarrhal in its nature. The worst cases yield to its mild, soothing, cleansing and healing properties. So will yours. You may not believe it, but the proprietors of Dr. Sage's Remedy do.

And to prove it they make you this offer:

If you can't cure you, they'll pay you \$500 in cash. It's a business proposition from a responsible house.

But do you think they'd make it if they, and you, couldn't depend upon their medicine?

ELY'S CREAM BALM—Cleanses the Nasal Passages, Alleviates Pain and Inflammation, Heals the Sores, Restores Taste and Smell, and Cures Catarrh.

Give Relief at once for Cold in Head. Apply into the Nostrils. Is Quickly Absorbed. Sold by Druggists or by mail, ELY BROS., 56 Warren St., N. Y.

LOVELL DIAMOND CYCLES \$85

For Ladies and Gents. Six styles in Pneumatic Cushion and Solid Tires. Diamond Frame, Steel Drop Forgings, Steel Tubing, Adjustable Ball Bearings in all running parts, including Pedals, Suspension Saddle, Strictly HIGH GRADE in Every Particular. Send 6 cents in stamps for our 100-page illustrated catalogue of Guns, Rifles, Revolvers, Sporting Goods, etc.

Manufactured by JOHN P. LOVELL ARMS CO., Mfrs., 147 Washington St., BOSTON, MASS.

UNLOAD

Do you feel bad? Do you have a headache? Does your back ache? You can't eat and don't feel like work. The YOUR trouble is your liver is torpid. You are full of bile. Get rid of it without delay. Three doses of Moore's Revealed Remedy will do it and make you feel like a new person. For sale by all druggists.

YOUNG MEN! The Specific A No. 1.

Cures, without fail, all cases of gonorrhoea and gleet, no matter of how long standing. Prevents stricture, being an internal remedy. Cures when everything else has failed. Sold by all Druggists. Manufacturers: The A. Schenck & Co., Medicine Co., San Jose, Cal. Price, \$3.00.

ARE THE BEST WATERS

For Liver and Kidney Complaint, Rheumatism, Gout, Dropsy, Skin and Eye Diseases. Beautifully situated in Cascade Mountains, 20 miles east of Eugene, New hotel and baths; open all year round. Write for circulars to HARR & MUIPORD, Proprietors, Foley Hot Springs, Lane County, Or. Look for this ad in this paper next week.

Foley Hot Springs

Old Gold and Silver Bought and your old Gold Coins, 4 Third Street, San Francisco; I will send you return mail the cash, according to assay; if the amount is not satisfactory will return gold.

J. N. FISK, Assayer and Analytical Chemist.

404 Washington St., Portland, Or. N. P. N. U. No. 461—S. F. N. U. No. 568



ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation permanently. For sale in 50c and \$1 bottles by all druggists.

CALIFORNIA FIG SYRUP CO.

SAN FRANCISCO, CAL. LOUISVILLE, KY. NEW YORK, N. Y.

THE GREAT SHILOH'S CONSUMPTION CURE.

This GREAT COUGH CURE, this successful CONSUMPTION CURE is sold by druggists on a positive guarantee, a test that no other Cure can stand successfully. If you have a COUGH, HOARSENESS or LA GRIPPE, it will cure you promptly. If your child has the CROUP or WHOOPING COUGH, use it quickly and relief is sure. If you fear CONSUMPTION, don't wait until your case is hopeless, but take this Cure at once and receive immediate help. Large bottles, 50c, and \$1.00. Travelers convenient pocket size 25c. Ask your druggist for SHILOH'S CURE. If your lungs are sore or back lame, use Shiloh's Purifying Plasters. Price, 25c.

MANN'S BONE CUTTER

Will cut Dry or Green Bones, Meat, Gristle and all Green Cuts. BONES will double the number of eggs—will make them more fertile—will carry the hens safely through the molting period and put them in condition to lay when eggs contain the highest price and will develop your chicks faster than any other food.

Send for Catalogue and prices.

PITALUMA INCUBATOR COM'Y,