

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

Royal Baking Powder

ABSOLUTELY PURE

The Sin of Fretting.

There is one sin which it seems to me is everywhere and by everybody underestimated, and quite too much overlooked in valuations of character. It is the sin of fretting. It is as common as air, as speech, so common that unless it rises above its usual monotone we do not even observe it. Watch any ordinary coming together of people, and see how many minutes it will be before somebody frets—that is, makes more or less complaining statement or something or other which probably every one in the room, or in the car, or the street corner, it may be, knew before, and probably nobody can help. Why say anything about it? It is cold, it is hot, it is wet, it is dry; somebody has broken an appointment, ill cooked a meal; stupidity or bad faith somewhere has resulted in discomfort. There are plenty of things to fret about. It is simply as astonishing how much annoyance may be found in the course of every day's living, even at the simplest, if one only keeps a sharp eye out on that side of things. Even Holy Writ says we are prone to trouble as sparks fly upward. But even to the sparks flying upward, in the blackest of smoke, there is a blue sky above; and the less time they waste on the road the sooner they will reach it. Fretting in all time wasted on the road.—Helen Hunt.

The Horse as a Fighter.

Said an ex-cowboy: "I never saw either cows or buffaloes attack a horse so as to amount to anything, but I want to rise right up and testify to the wonderful fighting powers of the horse. He is built for more ways and kinds of fighting than any other product of nature. He can bite, and he can kick out behind, and he can strike with his fore legs. When he is in action, he fights all over. If you want to see fun, you should see wolves attack a bunch of horses on the plains. The horses get together with their heads forming the hub of a wheel and their bodies forming the spokes. Then they fight the wolves with their hind legs. They fill the air with volleys, and every wolf lands dead, wounded or ill. Horses avoid a fight as a rule, but will go out of their way to kill a snake. They jump on the snakes, clubbing their hoofs and using them like a mallet. The only other fights they seek are with unmounted men, whom they frequently attack, or else with one another, and in the latter case they resemble a buzzsaw in action, all parts going at once."—New York Sun.

A Chance For the Inventor.

With the vast increase of population in our cities and larger towns, and the increase of railroad trains, steam engines and electric cars, has come a vast increase of noise in our streets. We think the man or woman who can invent and patent something easily placed over the ears of the sick and those who want to sleep, and which shall temporarily shut out noise, may obtain a fortune and the thanks of multitudes who now suffer.—Our Dumb Animals.

A Unique Business.

Berlin has a shorthand writer with a unique specialty. He attends all funerals of prominent persons and takes down verbatim the addresses of the officiating clergyman. Then he prepares highly ornamented copies of the addresses and sells them to the friends of the eulogized dead.

A Universal Debt.

There is not a man living who does not owe the world something.—Galveston News.



KNOWLEDGE

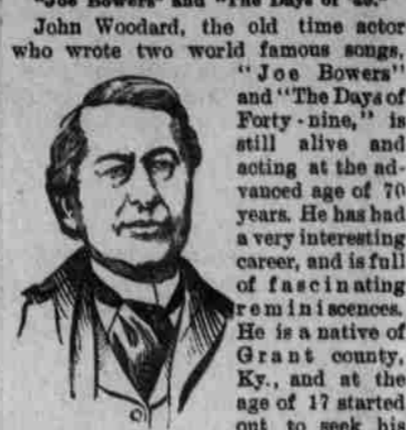
Brings comfort and improvement; and tends to personal enjoyment when rightly used. The many who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

Its excellence is due to its presenting in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

ACTOR AND SONG WRITER.

John Woodard, the Veteran Who Writes "Joe Bowers" and "The Days of '46."



John Woodard, the old time actor who wrote two world famous songs, "Joe Bowers" and "The Days of '46," is still alive and acting at the advanced age of 70 years. He has had a very interesting career, and is full of fascinating reminiscences.

He is a native of Grant county, Ky., and at the age of 17 started out to seek his fortune. He went down the Licking and Ohio rivers on a flatboat to Louisville, where he met an actor, James Beacom, who persuaded him to adopt the stage as his career. For three years Woodard roved about the country with different companies, and finally reached St. Louis. Every one who knew him declared that he would soon die of consumption, and Woodard concluded to fool them.

For the purpose of doing so and improving his health he started across the plains with Sam Smith, afterward the author of "Struck Oil" and other plays, and when he finally reached California was in excellent physical condition. His clothing was so tattered and his hair and whiskers were so luxuriant, however, that he was enabled for a time to pose in a Sacramento museum as a captured wild man. He then organized a co-operative theatrical company and made a great deal of money playing in mining camps. The company consisted of a manager, an "orchestra," made up of a single fiddler, and six actors, two women and four men. They hung up blue blankets for wings, dispensed with the formality of a curtain, and produced such easy plays as "Hamlet," "Macbeth" and "The Lady of Lyons."

Woodard was always in great demand as a singer, although, as he remarks, he "couldn't sing a little bit." He modestly admits, however, that his audience favored him particularly because he wrote his own songs and made them up to date. It was at this time that he wrote

My name it is Joe Bowers;

I've got a brother Ike;

I'm just from old Missouri—

Yes, all the way from Pike.

He also wrote "The Days of Forty-nine," and both songs were published in San Francisco and became popular all over the world.

TO LIVE AMONG THE LEPERS.

Father Damien's Brother Takes Up His Work Among the Outcasts of Molokai.

Father Damien gave his life for the lepers, and his brother, Father Pamphile, has gone to Hawaii to take up his work among the outcasts of Molokai. Father Pamphile years ago desired to undertake missionary work in Hawaii,

and was preparing for the priesthood. One day his brother, Joseph Damien di Venter, who was then 19 years of age, was brought to see him. Joseph remained to dine, and when he returned home told his father that he, too, desired to become a priest. He accordingly began studying at once, and afterward returned home to receive his mother's blessing. Father Pamphile prepared himself for missionary work in the south seas, but at the last minute was taken with a fever and forbidden to go.

Father Pamphile was deeply disappointed, and Joseph pleased him very much by volunteering to go in his stead. Thus it was that Father Joseph Damien, the heroic priest, came to visit Hawaii. After laboring for several years in the Pacific islands Father Damien one day heard his bishop lamenting that he could not send a missionary to the lepers on the volcanic island of Molokai. Father Damien at once volunteered to devote his life to the work. For 16 years he labored among the outcasts, dressing their wounds, improving their moral, spiritual and physical condition, and burying them when they died. Finally he contracted the loathsome disease, and died April 15, 1889.

Father Pamphile will aid in carrying on the work his martyred brother began. He will have a much easier task, however, for Father Conrardy, Damien's assistant; Father Wendolin Moellers and a number of brave nuns are now ministering to the physical and spiritual wants of the Molokai lepers. Father Pamphile is 58 years of age, and a Belgian. He is a graduate of the University of Louvain, and has served there as professor of theology for many years. The settlement at Molokai has been in existence since 1863, when the awful spread of leprosy throughout the Hawaiian group compelled the government to banish all the victims of the disease to the island. No provision was made for their accommodation, and they were huddled together in miserable huts, regardless of age, sex or the commonest decency. Their condition was wonderfully improved by Father Damien.

Onion Juice as a Hair Restorer. A London hairdresser states that there is only one really infallible hair producer, and that is onion juice.

OUR DAILY BREAD

THE GREAT LABOR REQUIRED TO FEED THE MULTITUDE.

The Baker's Task a Hard One—He Soon Breaks Down and Has to Desert His Occupation—A Well-Known Baker Talks With a Reporter.

Examiner, San Francisco, Cal.

In speaking of the physical endurance which is required of bakers as a class, Mr. Louis Coppola, of 969 Harvard street, San Francisco, took occasion to say that many of them break down under the severe strain of their work. The most vital point of endurance is the back. The men have to bend over the long troughs in which the dough is mixed. The work is comparatively light until the dough begins to thicken, but then it becomes a continuous process of lifting and throwing the heavy mass in a trough containing three hundred or four hundred pounds of dough. It necessitates the employment of almost herculean strength to properly mix the dough.

"I gave way under the strain of such work," said Mr. Coppola. "It affected my kidneys, just as it does those of many others who follow the trade. I began to experience pains in the small of my back. At first they were periodical, but they afterwards became more frequent and finally it became so that I suffered from them not only while I was working but when I was at leisure. They would seize upon me while I slept and cause me hours of painful wakefulness. I soon saw that I was being unfitted for my work, so I began taking medicine for the relief of the complaint. It was all to no avail, however, until I purchased a box of Dr. Williams' Pink Pills for Pale People. I did not take the pills in any way that would relieve me of my suffering, but I bought them simply to see if the many reports of their marvelous power were true. I was soon convinced, for before I had taken very many of them the pains in the regions of my kidneys began to be lessened, and before I had taken a full box I had been entirely relieved. I knew no more wakeful nights, no more painful exertions while at work. In fact, I was a new man, and I owe it all to Dr. Williams' Pink Pills.

"My sister, Mrs. A. Duncan, has been a sufferer from female weaknesses for some time. She had gone about in a sort of moping, listless way, with no energy for any kind of exertion. When she saw the great good which had been done me by Williams' Pills she determined to take some herself. The result has been very favorable. She has gained strength, is as lively as a young girl, and in fact says she feels as though she were ten years younger than she really is."

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are sold in boxes (never in loose form, by the dozen or hundred) at 50 cents a box, or six boxes for \$2.50, and may be had of all druggists or directly by mail from Dr. Williams' Medicine Company, Schenectady, N. Y.

Just in Time. The president of an accident insurance company, strictly in the line of advertising his business, has been telling a wonderful story, which he locates in Brooklyn, where numerous trolley accidents occur. He says: "Some time ago a large policy holder in my company was run over by a trolley car and his right leg painfully crushed. He remained conscious after the shock for three minutes, during which time he pulled out his watch and called the attention of the crowd to the fact that it was just 15 minutes to 12 o'clock. His policy expired at noon, and his foresight was rewarded by the immediate payment of his weekly indemnity without controversy or litigation."—New Orleans Picayune.

Superior American Pens. American gold pens have the reputation in our own and foreign markets of being the best pens in the world.—Chicago Times-Herald.

CONFINEMENT AND HARD WORK. Indoors, particularly in the sitting posture, are far more prejudicial to health than excessive muscular exertion in the open air. Hard sedentary workers are far too weary after office hours to take much beneficial exercise in the open air. They often need a tonic. Where can they seek invigoration more certainly and thoroughly than from Hostetter's Stomach Bitters, a renovant particularly adapted to retrace the exhausted force of nature. Use also for dyspepsia, kidney, liver and rheumatic ailments.

Bobby's Papa. Jack Mason said his father gave him 50 cents an' "Papa—Well! Bobby—I'd like to say the same of you.

I cannot speak too highly of Fink's Cure for Consumption.—MR. FRANK MORSE, 215 W. 22d St., N. Y., Oct. 29, 1894.

FEET.—All Fitts stopped free by Dr. Kline's Great Nerve Restorer. No Pains after the first day's use. Marvellous cures. Treatise and 250 trial bottle free to Fitt cases. Send to Dr. Kline, 361 Arch St., Philadelphia, Pa.

World's Fair! HIGHEST AWARD. IMPERIAL GRANUM. Many competing FOODS have come and gone and been missed by few or none but the popularity of this FOOD steadily increases!

Sold by DRUGGISTS EVERYWHERE! John Curtis & Sons, New York.

DR. KLINE'S GREAT NERVE RESTORER. CURES ALL THE NERVOUS AFFECTIONS OF THE HEAD AND NECK. Best Cough Syrup, Tastes Good, Use in Heat. Sold by druggists.

ALL THE YEAR ROUND.

The avocations of men go on just the same in winter as in summer, and those who labor hard with hands, body and muscles know this full well. The sport also are just as festive and are attended with many accidents. The chances of accident are about the same to all, but the laboring man a mishap means very much. For instance, a sprain may cripple badly and mean loss of time, place and money; it were not that we all know how readily St. Jacobs Oil will cure a sprain, and prevent all these misgivings. So let us enjoy ourselves without fear.

"Did I understand you to say that you were a pugilist?" "That's what." "Manual, oral, or caligraphic?"

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 rumbling 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.

NEW WAY EAST—NO DUST.

Go East from Portland, Pendleton, Walla Walla via O. R. & N. to Spokane and Great Northern Railway to Montana, Dakota, St. Paul, Minneapolis, Chicago, Omaha, St. Louis, East and South. Rock-balled 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.

INCREASE YOUR INCOME

By careful investments by mail through a responsible firm of large experience and great success. Will send you particulars free, showing how a small amount of money can be easily multiplied by successful investments in grain. Highest Bank references. Opportunities excellent. Pattison & Co., Bankers and Brokers, Room P., Omaha Building, Chicago.

TRY GEMMA for breakfast.

Impure Blood

Was the cause of my not feeling very well during the spring for several years past. I had that tired feeling, was so and so tired, and I could not do much work. For several years I have taken Hood's Sarsaparilla regularly, and it has cleansed my blood, driven off that tired feeling and built up my whole system. Hood's Sarsaparilla has also benefited other members of my family, so that we would not be without a supply." STEPHEN McCLURE, Greenwood, Arkansas.

Hood's Sarsaparilla is the Only True Blood Purifier. Prominently in the public eye. \$1; 6 for \$5. Hood's Pills the after dinner pill and family cathartic. 25c.

DR. QUINN'S LIVER PILLS. A Mild Purgative. One Pill for a Dozen. A purgative of the bowels each day is necessary for health. These pills supply what the system lacks for health. They cure Headaches, Irritability of the bowels, and clear the complexion better than cosmetics. They neither grip nor sicken. To counteract the grip, we will mail sample free, or full box for 25c. Send money to DR. HOBANK MED. CO., Philadelphia, Pa.

Boys Waists. Send us 12 cts. in stamps and we will send you a boys waist or a boys pencil or a boys ground, neat figure, ages 4 to 13; or 24 cts. for 50 ct. navy blue ground. Mention this paper. We have loads of similar bargains to send you. Ask for list. Smith's Cash Store, San Francisco, Cal.

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

SURE CURE FOR PILES. Send us 12 cts. in stamps and we will send you a boys waist or a boys pencil or a boys ground, neat figure, ages 4 to 13; or 24 cts. for 50 ct. navy blue ground. Mention this paper. We have loads of similar bargains to send you. Ask for list. Smith's Cash Store, San Francisco, Cal.

Don't Tobacco Spit and Smoke Your Life Away!

makes the nerves strong, and brings back the feelings of youth to the prematurely old man. It restores lost vigor. You may gain ten pounds in ten days.

GUARANTEED TOBACCO HABIT CURE.

Go buy and try a box to-day. It costs only \$1. Your own druggist will guarantee a cure or money refunded. Booklet, written guarantee of cure and sample free. Address nearest office.

THE STERLING REMEDY CO., CHICAGO, MONTREAL, CAN., NEW YORK.

CASCARETS candy cathartic cure constipation. Purely vegetable, smooth and easy, sold by druggists everywhere, guaranteed to cure. Only 10c.

Timely Warning.

The great success of the chocolate preparations of the house of Walter Baker & Co. (established in 1780) has led to the placing on the market many misleading and unscrupulous imitations of their name, labels, and wrappers. Walter Baker & Co. are the oldest and largest manufacturers of pure and high-grade Cocolas and Chocolates on this continent. No chemicals are used in their manufactures. Consumers should ask for, and be sure that they get, the genuine Walter Baker & Co.'s goods.

WALTER BAKER & CO., Limited, DORCHESTER, MASS.

If you want a sure relief for pains in the back, side, chest, or limbs, use an

Allcock's Porous Plaster

BEAR IN MIND—Not one of the host of counterfeits and imitations is as good as the genuine.

Seeds, Trees, Spray Pumps. BUELL LAMBERSON 208 Third St., near Taylor PORTLAND - OREGON

DO YOU FEEL BAD? DOES YOUR BACK ache? Does every step seem a burden? You need MOORE'S REVEALED REMEDY. Three doses only. Try it.

WEINHARD'S WELL-KNOWN BEER (IN KEGS OR BOTTLES) Second to none. No matter where from. TRY IT! PORTLAND, OR.

"IT IS IGNORANCE THAT WASTES EFFORT." TRAINED SERVANTS USE

SAPOLIO