

Does Your Baking Powder Contain Alum?

Prof. Geo. F. Barker, M.D., University of Penn.: "All the constituents of alum remain (from alum baking powders) in the bread, and the alum itself is reproduced to all intents and purposes when the bread is dissolved by the gastric juice in the process of digestion. I regard the use of alum as highly injurious."

Dr. Alonzo Clark: "A substance (alum) which can derange the stomach should not be tolerated in baking powder."

Prof. W. G. Tucker, New York State Chemist: "I believe it (alum) to be decidedly injurious when used as a constituent of food articles."

Prof. S. W. Johnson, Yale College: "I regard their (alum and soluble alumina salts) introduction into baking powders as most dangerous to health."

In view of such testimony as this, every care must be exercised by the housewife to exclude the over and over condemned cheap, alum baking powders from the food.

Baking powders made from cream of tartar, which is highly refined grape acid, are promotive of health, and more efficient. No other kind should be used in leavening food. Royal Baking Powder is the highest example of a pure cream of tartar powder.

ROYAL BAKING POWDER CO., NEW YORK.

The Advantage of One Eye.
During the late Spanish-American war a certain old colonel who had lost an eye at the battle of Gettysburg was very indignant because he was put aside as physically incapacitated, when he applied for admission to one of the New York volunteer regiments.

Filled with wrath and chagrin the colonel journeyed to Washington, bent on having a personal interview with the president. He succeeded in gaining an audience, and the president, after listening to his plea, said, kindly: "But, my good Col. J., you have only one eye!"

"Just so, sir," was the prompt rejoinder, "but can't you see the great advantage of my having only one eye? When I aim my gun I shan't have to close the other!"

He fought at Santiago. — Youth's Companion.

The extreme point of Land's End, the most westerly point of England, has been described as resembling the head of an alligator descending into the sea. A natural tunnel runs right through it, and is about 60 feet high.

Why It Succeeds.

There is nothing remarkable about the grand success that attends the Oregon Industrial Exposition at Portland, for it is backed up by the enterprising business men of Portland, who spare no expense to make the great fair a splendid success. The men who conduct it are: H. C. Breiden, president; J. N. Fleischer, vice-president; R. J. Holmes, treasurer; W. S. Struble, secretary; H. E. Doeh, assistant secretary; H. E. Doeh, assistant secretary; George L. Baker, superintendent; J. P. Marshall, Ben Selling, H. L. Pitlock, D. Solis Cohen, C. B. Williams, Dan McAllen, A. B. Steinbach, J. E. Thiesen, D. M. Dunne, R. C. Judson, L. M. Spiegel, Sig. Sichel, H. D. Ramsdell, B. S. Pague, General O. Summers, Col. I. N. Day, George Fuller, Captain E. S. Edwards.

If a child needs nourishment one of the simplest forms in which it can be taken is by the raw whites of eggs. These are nutritious and easily digested. The white is broken into a jar with what milk is desired and the two shaken thoroughly together. A pinch of salt may be added before drinking, if preferred.

GEN. JOE WHEELER PRAISES PERUNA, The Great Catarrh Cure.



JOE WHEELER'S CHARGE AT SAN JUAN HILL.

Major-General Joseph Wheeler, commanding the cavalry force in front of Santiago and the author of "The Santiago Campaign," in speaking of the great catarrh remedy, Per-na, says: "I join with Senators Sullivan, Roach and McNary in their good opinion of Per-na." It is recommended to me by those who have used it as an excellent tonic and particularly effective as a cure for catarrh.

United States Senator McNary. Hon. S. D. McNary, United States Senator from Louisiana, says the following in regard to Per-na: "Per-na is an excellent tonic. I have used it sufficiently to say that I believe it to be all that you claim for it." — S. D. McNary, New Orleans, Louisiana.

The microbes that cause chills and fever and malaria enter the system through mucous membranes made porous by catarrh. Per-na heals the mucous membranes and prevents the entrance of malarial germs, thus preventing and curing these affections.

United States Senator Sullivan. "I desire to say that I have been taking Per-na for some time for catarrh, and have found it an excellent medicine, giving me more relief than anything I have ever taken." — W. V. Sullivan, Oxford, Miss.

United States Senator Roach. "Persuaded by a friend, I have used Per-na as a tonic, and am glad to testify that it has greatly helped me in strength, vigor and appetite. I have been advised by friends that it is remarkably efficacious as a cure for the almost universal complaint of catarrh." — W. N. Roach, Larimore, North Dakota.

A free book on catarrh sent to any address by The Per-na Drug Manufacturing Co., Columbus, Ohio.

Poor Facilities for Coaling.
Army officers in the Philippines who have charge of the troop transports complain of the lack of coaling facilities and the annoyances which surround the replenishing of the fuel supply of such ships. They write the war department that the present method involves great delay, troops being compelled to await transports, which make long trips to the coal pile and back. The distance required to go for fuel is 70 miles, and the period taken for this errand is from 10 to 20 days. Sometimes, it is said, a transport is gone long enough while taking on coal to make a trip from Manila to San Francisco. It is probable there will be an official inquiry into the system, and some arrangements made by which the transports can be coaled with greater facility.

Port Patrick is the nearest place on the coast of Scotland to that of Ireland, the channel being only 21 miles across—about the same distance as that which separates Dover from Calais. It has the reputation of being the traditional point at which St. Patrick landed from Ireland.

The first Australian newspaper, the Sydney Gazette, was published March 5, 1803, 15 years after the rise of the colony. The delay was caused through there being no printers among the convicts, who represented every profession, including the legal. The plant was brought out in the first fleet, but it could not be used until the authorities caught a compositor.

A small's pace was carefully observed in Florence, Italy. Several of the molasses were placed between two points ten feet apart, and started. It was ascertained that the fastest snail in the race traveled at the rate of a mile in 14 days.

For the Children.
The management of the Oregon Industrial Exposition at Portland has provided well for the children, whom we have with us always, and whose lives should be brightened. The feature of the fair that gives them the most enjoyment is the big steam merry-go-round. They never tire of it, and as they dismount from their prancing steeds they are always happy and ready for another ride.

Improved Train Equipment.
The O. R. & N. and Oregon Short Line have added a buffet, smoking and library car to their Portland-Chicago through train, and a dining car service has been inaugurated. The train is equipped with the latest chair cars, day coaches and luxurious first-class and ordinary sleepers. Direct connection made at Gering with Union Pacific, and at Ogden with Rio Grande line, from all points in Oregon, Washington and Idaho to all Eastern cities. For information, rates, etc., call on any O. R. & N. agent, or address W. H. Hurlbut, General Passenger Agent, Portland.

War Museum.
It is worth a trip to Portland to see the war museum at the exposition there. Captain E. S. Edwards took his coat right off and went to work, and has gotten together the largest collection of war weapons ever seen in the Northwest. Most of them were captured in the Philippines by the Oregon volunteers. The museum is the carrying out of an idea suggested and followed up by Dan McAllen, one of Portland's most enterprising business men, and it is all for the benefit of the monument fund.

Paris is to have a 350-foot high umbrella.

A "HOT" COLD BANQUET.

Some Inside Information by a Waiter From the Bowsy Who Helped to Serve It.

One of the waiters at a popular local restaurant is a bird of passage from the Bowsy and was a member of the small army that served the famous "Dollar Dinner" in New York last April. A good many stories have been told of that memorable event, but none of them surpass his own in point of picturesque and inside detail. "It was the funniest push I was ever in in my life," he says, confidentially. "The kitchen was so small they had to cook everything on the outside, and when it got there it was dead cold. The second course was haddock, and each fish came served in a linen bag, so we could put 'em in tubs of hot water and warm 'em up—see? Well, some of the boys got rattled and served 'em bags and all, with egg sauce over 'th' outside. Say, you'd of died laughing seeing them fellers tryin' to carve their fish. 'This is the toughest auld haddock I ever tackled in me life,' says one Tammany man at the head table; 'it's got a skin like a rhinoceros,' says he. In the kitchen there was a riot all night long. It was so small the waiters couldn't reach the dishes—up and they got to scurrying for front places in the line. One man was knocked stiff with a turkey, and when they picked him up I thought he was dead. I did, on the level. But it wasn't blood. It was only cranberry sauce. Another dunkey fell into the salad and one of the cooks put a can of ice cream in the oven, thinking it was brown gravy for the beef. That's on the square—just as I'm telling you! But the worst of all was when we came to the wine. It was 'Merican champagne in half pints, without ice, and of all the kicking and hollerin' one fresh green told me it was the only thing he had had that night that was good and warm, and he hardly said a word when a waiter that was a little jagged accidentally poured about a quart of boiling coffee down the back of his neck. Say, you ought of heard him cuss. Between you and me, a good many waiters got to hitting the wine, and they found one of 'em with 15 empty bottles in his pants leg. That's honest. I saw it myself. It was the hottest banquet I was ever at." — N. O. Times-Democrat.

The Philippine War
Is proving more stubborn than anticipated. It needs a vigorous contest to straighten matters out. We should tackle the Philippines and overcome them as Hostetter's Stomach Bitters does dyspepsia, indigestion, malaria, fever and ague. The battle is short and decisive, and for fifty years the Bitters have always won.

FLINGS AT WOMANKIND.

Some of Which Smack Just a Little Bit of the Truth.

A girl was visiting in town who has a dress trimmed with four miles of lace, and her hostess is thinking of giving a reception for it.

A woman who knows how easily the men can be fooled tells everyone who kisses her that it is the first time she was ever kissed by a man.

It occurs to a man with some wonder that his wife never got up as much enthusiasm over him when she was a bride as she gets up over the new little red baby.

When a woman doesn't know of anything else nice to say about another woman she says she has such "cute little ways."

Every unhappy woman takes pleasure in thinking of the time when she will come back, and it will be too late.

A good many girls have the notion that some day they may be compelled to sell their hair and pay off the mortgage on the family homestead, as the story books relate. An Atchison girl who had very beautiful hair became very poor and agreed to sell it for \$3. After the hair had been cut off the purchaser refused to take it, saying she could get a switch for \$2 in Kansas City that would answer.—Atchison Globe.

Will Run Automobile Line.

Unable to obtain an electric railway or to induce the Big Four Railroad company to improve the service north of Wabash, Ind., the citizens of North Manchester have taken briskly in hand the matter of buying an automobile to run between Wabash and that place, 14 miles. There is a great deal of travel to Wabash, the county seat, from that portion of the county, but the Big Four does not run its trains to accommodate it. Negotiations are now on for a horseless carriage with which it is proposed to make three or four round trips a day, carrying passengers for 75 cents both ways. If the project succeeds the carriage will be put on this fall and will be the first application of the automobile.

Irony.

"Did ye ever notice a mon from St. Louis?" inquired the janitor philosopher. "Will, if ye didn't it's worth yer while. Up th' boulevard he struts wid hid elevated. Suddenly thors a big commotion an' he's lifted off his fate by an automobile. He picks him, self up, goes home an' tells his friends th' horseless carriages av Chicago are run by jackasses; but thot th' jackasses are insouid. Oh, he's a bitter lobster." — Chicago Evening News.

There is nearly \$13,000,000 in the United States treasury, the proceeds of sales of cotton which fell into the federal hands during the civil war. This money belongs to the owners of the cotton or their heirs, if they can prove their claims.

There are about 500 species of humming birds, all natives of America, and most of them confined to Central and South America.

The secretary of the Massachusetts board of health has issued the statement that codfish is as nutritious as sirloin steak or oleomargarine.

"The Prudent Man Setteth His House in Order."

Your human tenement should be given even more careful attention than the house you live in. Set it in order by thoroughly renovating your whole system through Hood's Sarsaparilla. Then every organ will act promptly and regularly.

Hood's Sarsaparilla
NEVER DISAPPOINTS

TREMENDOUS EXPANSION.

The Volume of Business Is Still Growing in All Lines.

R. G. Dan & Co.'s weekly review says: September is the 13th consecutive month in which the volume of business, both at New York and outside of New York, has been greater than the same month of any previous year. In the 13 months, payments through clearing houses have been \$89,600,000,000, against \$81,300,000,000, in 13 months, ending with September, 1892, an increase of \$8,300,000,000, or 46 per cent.

When the tremendous expansion began, men called it replenishment of long-depleted stocks, then, for a time it was called a crazy outburst of speculation, and when demands still expanded, some permanent increase of business was recognized as a result of increased population, earning better wages. But the demand still grows, now ranging about 60 per cent greater than in 1892, while population, according to treasury estimates, is 16 per cent greater, and wages equal, if not over 10 per cent greater. A reconstruction of business and industries, of producing and transporting forces, is in progress throughout the land, with results which none can now measure.

The wool market is active, with a general advance, aggregating about 1/4 cent on washed fleeces, the entire list quoted by Cootes Bros. probably averages about 1/4 cent higher.

Cotton opened the crop year at 6.25 cents and has risen to 6.87, although about a quarter more has come into sight than last year from the greatest crop on record, and stocks here and abroad commercial and bill, are 658,000 bales greater than a year ago.

Corn is unchanged in price, and still in large foreign demand, exports having been in four weeks 12,155,904 bushels, against 8,133,641 last year.

PACIFIC COAST TRADE.

Portland Market.

Wheat—Walla Walla, 59@60c; Valley, 59@60c; Bluestem, 61@62c per bushel.

Flour—Best grades, \$8.25; Graham, \$2.65; superfine, \$2.15 per barrel.

Oats—Choice white, 34@35c; choice gray, 33@34c per bushel.

Barley—Feed barley, \$15@16 1/2; brewing, \$17.50 per ton.

Millstuffs—Bran, \$17 per ton; middlings, \$22; shorts, \$18; chop, \$16 per ton.

Hay—Timothy, \$8@9.25; clover, \$6 @8; Oregon wild hay, \$6 per ton.

Butter—Fancy creamery, 45@47 1/2; seconds, 35@40c; dairy, 30@35c; store, 25 1/2@27 1/2c.

Eggs—20 1/2c per dozen.

Cheese—Oregon full cream, 13c; Young America, 14c; new cheese 10c per pound.

Poultry—Chickens, mixed, \$3.50@4.00 per dozen; hens, \$4.00; springs, \$2.00@3.50; geese, \$6.50@8 for old; \$4.50@5.50 for young; ducks, \$4.50@5.50 per dozen; turkeys, live, 12 1/2@14c per pound.

Potatoes—60@65c per sack; sweets, 2@2 1/2c per pound.

Vegetables—Beets, \$1; turnips, 90c per sack; garlic, 7c per pound; cauliflower, 75c per dozen; parsnips, \$1; beans, 5@6c per pound; celery, 70c @75c per dozen; cucumbers, 50c per box; peas, 3@4c per pound; tomatoes, 25c per box; green corn, 12 1/2@15c per dozen.

Hops—11@13c; 1897 crop, 4@6c.

Wool—Valley, 12@13c per pound; Eastern Oregon, 8@13c; mohair, 27@30c per pound.

Mutton—Gross, best sheep, wethers and ewes, 3 1/2c; dressed mutton, 6 1/2@7c per pound; lamb, 7 1/2c per pound.

Pigs—Gross, choice heavy, \$5.00; light and feeders, \$4.50; dressed, \$6.00@7.00 per 100 pounds.

Beef—Gross, top steers, \$3.50@4.00; cows, \$3.00@3.50; dressed beef, 6@7c per pound.

Veal—Large, 6 1/2@7 1/2c; small, 8@8 1/2c per pound.

Seattle Market.

Onions, new, \$1.25@1.50 per sack.

Potatoes, new, 75c@81c.

Beets, per sack, \$1.10.

Turnips, per sack, 75c.

Carrots, per sack, 90c.

Parsnips, per sack, 90c.

Cauliflower, 75c per dozen.

Cabbage, native and California, \$1 @1.25 per 100 pounds.

Peaches, 65@80c.

Apples, \$1.25@1.50 per box.

Pears, \$1.00@1.25 per box.

Prunes, 60c per box.

Watermelons, \$1.50.

Cantaloupes, 50@75c.

Butter—Creamery, 27c per pound; dairy, 17@22c; ranch, 12 1/2@17c per pound.

Eggs—27c.

Cheese—Native, 18@14c.

Poultry—15c; dressed, 16 1/2c.

Hay—Puget Sound timothy, \$17@19; choice Eastern Washington timothy, \$14.00.

Corn—Whole, \$28.50; cracked, \$23; feed meal, \$23.

Barley—Rolled or ground, per ton, \$21; whole, \$23.

Flour—Patent, per barrel, \$3.50; blended straight, \$3.25; California, \$3.25; buckwheat flour, \$3.50; Graham, per barrel, \$3.60; whole wheat flour, \$3.00; rye flour, \$3.75.

Millstuffs—Bran, per ton, \$15.00; shorts, per ton, \$16.00.

Feed—Chopped feed, \$20.50 per ton; middlings, per ton, \$22; oil cake meal, per ton, \$35.00.

San Francisco Market.

Wool—Spring—Nebraska, 12@14c per pound; Eastern Oregon, 10@14c; Valley, 17@19c; Northern, 8@10c.

Hops—1899 crop, 10@12 1/2c per pound.

Onions—Yellow, 75@85c per sack.

Butter—Fancy creamery 26@26 1/2c; do seconds, 25@25c; fancy dairy, 21 @22c; do seconds, 18@20c per pound.

Eggs—Store, 21@25c; fancy ranch, 32@33c.

Millstuffs—Middlings, \$17.50 @19.50; bran, \$16@17.

Hay—Wheat \$6@9.25; wheat and oat \$6.50@8.00; best barley \$5.00@7.00; alfalfa, \$5.00@6.75 per ton; straw, 20@35c per bale.

Potatoes—Early Rose, 40@50c; Oregon Burbanks, \$1.25@1.50; river Burbanks, 40@55c; Salinas Burbanks, 90c@1.10 per sack.

Citrus Fruit—Oranges, Valencia, \$2.75@3.25; Mexican limes, \$4.00@5.00; California lemons 75c@1.50; do choice \$1.75@2.00 per box.

Tropical Fruits—Bananas, \$1.50@2.50 per bunch; pineapples, nominal; Persian dates, 6@6 1/2c per pound.

THE YOUTH'S COMPANION

The Fireside Friend in Half a Million Homes.

Special Subscription Offer for 1900.

Those who subscribe at once will receive the nine November and December issues of the Companion FREE, and then all the issues for the 52 weeks of the new year, until January 1, 1901. This offer includes the gift of the New Companion Calendar for 1900—the most beautiful one ever given to the friends of The Companion.

Cut out and send this slip with \$1.75, the price of your subscription to 1901.

Send us your address on a Postal and we will mail you our Illustrated Announcement Number, containing a full prospectus of the Contributors and Contributions engaged for the new volume.

THE YOUTH'S COMPANION, Boston, Mass.

What He Had.

Guest—What have you got?

Waiter—I've got liver, calf's brains, pig's feet—

"I don't want a description of your physical peculiarities. What you have got to eat is what I want to know." — Boston Traveler.

Amateur Art.

In these days, when so many people have cameras, a great many good pictures are produced, and the amateur photographers of the world are now competing for cash prizes at the Oregon Industrial Exposition at Portland. Many good pictures are on exhibition.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Kidney and Bladder Cure. Send for FREE BOOK, "Fits, Cures and Treatments." Dr. H. K. Kline, Ltd., 230 Arch Street, Philadelphia, Pa.

Anthracite coal on Bellingham bay has been found to be big discovery.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Rocheester marble cutters now enjoy the eight-hour day.

Piso's Cure for Consumption has been God-sent to me.—Wm. B. McClellan, Chester, Florida, Sept. 17, 1898.

Cleveland high school teachers earn \$800 a year.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 30 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists.

Hall's Family Pills are the best.

The cathedral of Cologne is naturally the chief place of interest in that famous city. It took almost six centuries and a half to build, having been begun in 1248 and finished in 1880. Its style of architecture is Gothic, and it has eight chapels, which contain the remains of eight archbishops, and the skulls of "the three wise men of the East." The Church of St. Ursula is decorated inside with the bones of some of the 11,000 virgins who, with St. Ursula herself, were murdered by the Huns.

To keep onions any length of time the tops and roots should be left on, but should be thoroughly dried before putting away. They will keep a long time any place in the barn where no rain can get to them, with a free circulation of air and not much light. They should not be piled more than three inches deep.

Recently a ship of only 2,500 tons carried from Para, Brazil, to New York a cargo of rubber, which was insured for \$3,000,000.

When Pain Racks the Body

Frank Long, who lives near Leno, Mich., says: "I was taken with a pain in my back, and I was obliged to take to my bed. The physician pronounced my case muscular rheumatism accompanied by lumbago."

"I gradually became worse, until I thought death would be welcome release. I was finally induced to try Dr. Williams' Pink Pills for Pale People, and after using five boxes, was entirely cured."

"I am confident that Dr. Williams' Pink Pills saved my life. I will gladly answer inquiries concerning my ailment and wonderful cure, provided stamp be enclosed for reply."

"I gradually became worse, until I thought death would be welcome release. I was finally induced to try Dr. Williams' Pink Pills for Pale People, and after using five boxes, was entirely cured."

"I am confident that Dr. Williams' Pink Pills saved my life. I will gladly answer inquiries concerning my ailment and wonderful cure, provided stamp be enclosed for reply."

Sworn to before me at Venice, Mich., this 15th day of April, 1898. G. H. Goodenough, Justice of the Peace.

—From the Observer, Fishing, Mich.

Dr. Williams' Pink Pills for Pale People are never sold by the dozen or hundred, but always in packages. At all druggists, or direct from the Dr. Williams' Medicine Co., Schenectady, N. Y., 50 cents per box, 6 boxes \$2.50.

PISO'S CURE FOR

CURBS WHERE ALL ELSE FAILS. Best Cough Syrup. Cures Croup, Whooping Cough, Sore Throat, etc. In time. Sold by Druggists.

CONSUMPTION.

To Do Away With Ear Trumpets.

A telephone has been invented for deaf people which is intended to do away with the necessity of carrying large and clumsy ear trumpets which are now in common use. The new device consists of a small transmitter which is fastened to the coat, while the receiver can be carried in the pocket except when wanted. It is then to be placed to the ear exactly as is an ordinary telephone receiver. The whole apparatus is worked by a small electric battery, which also finds a place in the pocket. Not only is the new apparatus more convenient than the old-fashioned ear trumpet, but it is claimed by the inventor that it entirely does away with the necessity of talking in a loud tone of voice.—Chicago Tribune.

Fair at Portland.

The music at the Oregon Industrial Exposition is simply grand. It is by Bennett's full military band, which gives popular classic concerts afternoons and evenings. The amusements features of the fair are never neglected, and there are astonishing acrobatic and aerial feats, grand cake-walks and many other good things to delight, surprise and please all who come.

There are in Boston 44,207 persons born in British America, including Ontario, Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland.

PORTLAND DIRECTORY.

Phone and Wire Works.

PORTLAND WIRE & IRON WORKS; WIRE AND IRON TENCING; office building, etc. 244 Adams.

Machinery and Supplies.

CRAWFORD & CO.; ENGINES, BOILERS, Machinery, supplies. 4-50 First St., Portland, Or.

JOHN POOLE, PORTLAND, OREGON, can give you the best bargains in general machinery, engines, boilers, tanks, pumps, plows, belts and windmills. The new steel I. X. L. windmill, sold by him, is unequalled.