

The New Bread.

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

Can be made only with Royal Baking Powder.

Receipt for Making One Loaf.

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

more or less according to the brand and quality of the flour used. Do not make a stiff dough, like yeast bread. Pour the batter into a greased pan, 4 1/2 x 8 inches, and 4 inches deep, filling about half full. The loaf will rise to fill the pan when baked. Bake in very hot oven 45 minutes, placing paper over first 15 minutes baking, to prevent crusting too soon on top. Bake at once. *Don't mix with milk.*

NOTE.—It is necessary to follow, precisely, the above directions, even to the size of the pan. Observe that water should never be added until the powder has been thoroughly mixed with the flour in a dry state. Perfect success can be had only with the Royal Baking Powder, because it is the only powder in which the ingredients are prepared so as to give that continuous action necessary to raise the larger loaf. The nutty flavor noticeable in this bread is due to the fact that no acid except that derived from the grape is used in the Royal Baking Powder. Address ROYAL BAKING POWDER CO., 106 Wall Street, N. Y., for all further information.

Didn't Like the Weapons.

"I came very near having a duel once," said the congressman to a group of auditors.

"Tell us about it," said they as one man.

"When I was about thirty," he continued, "I hung out my shingle in a small town in a southern state, and being from the north I did not receive at first the agreeable recognition I expected. In fact there was one biatherskite of a fellow who made himself so obnoxious that one day I slapped his jaws. This brought all the respectable people of the community over to my side, and I was feeling pretty good for three or four days, when the bottom was knocked out of it all by my receiving a challenge from Mr. Blatherskite. If there was anything more than another that I didn't want to do it was to fight a duel, and I tried to get out of it some way, but couldn't, and finally accepted his challenge and those doubled barreled shot-guns at ten paces. I didn't hear anything from my man for twenty-four hours, and then I had a personal call from him.

"I have come in," he said after a few preliminary remarks, "to make a statement about this duel. What I've got to say is that shot-guns are too doggoneed mortuary for me, and if you have no objections I'll apologize and call it square."

"Then I became very brave and blustered some, but I accepted the situation very gracefully at last, and ever after Mr. Blatherskite was most respectful, and stood about as well in the town as he ever did."—Detroit Free Press.

The Vanishing Couple.

A fashion safe to stamp a young girl in general society as but ill equipped with knowledge of good form is that of "vanishing" in company with her attendant after a dance and remaining in unfrequented corners until remark is thereby evaded. Such is the young woman whose chaperon is in continual speculation as to her whereabouts or else in active exercise to find her. She is no doubt often innocent of intention to offend, but at large and mixed entertainments the better part of wisdom in a woman is to keep in view of her fellows.

A witty Frenchwoman, Mme. de Girardin, once wrote: "Amuse yourselves, O young beauties, but flatter your shadows in the broad light of day. Avoid shadings in which suspicion hides." The "vanishing woman" act should be limited in performance to a platform in full view of the audience. The prompt return of a young woman to the side or vicinity of her chaperon after dancing is not only a graceful and well bred action, but affords an opportunity to the man, who too often is embarrassed in this respect, to withdraw and fulfill some other engagement.—Ladies' Home Journal.

Pale Sympathy.



Miss Brumley (who is paying the penalty of a very late party the night before)—Oh, if I only had something for my head! Her Cold Blooded and Extremely Dense Friend—Why can't you make over that close fitting little violet bouquet? You always looked so well in it, you know.—Time.

BILL NYE AT RICHMOND.

A Few Remarks About George Washington and Libby Prison.

At Richmond we visited, among other things, the old stone house which was occupied as one of the large collection of headquarters used by Washington. The house is shown us by a bright little boy. Kind of a Virginia bright, as the tobacco dealers would call him, I presume. He is a fine looking young fellow, with the mirth and music of the African tingling in his veins, together with the proud and navy blue blood of his other parent. The mulatto and negro are very popular all through old Virginia. They are very bright, some of them, and what I like best about them is their utter modesty in speaking of their ancestors.

The old stone house is a queer structure and would rent for about \$4 per month. Washington did not care very much for style in his headquarters, but he wanted plenty of them. He never wanted to be out of a headquarters. So he had them established in all the growing towns of that time. Frequently he would secure headquarters in a town and then visit them at all. It was so in this case. Washington was a plain man and simple in his habits. He was only extravagant in the number of his headquarters and we can forgive him for that, now that he is gone.

In the back yard the little boy showed us a big tree planted by Washington himself. Washington, Jefferson and Monroe planted all the large trees in Virginia, with the exception of three. On the trunk of this tree are two large iron staples or handles, now almost buried in the trunk. The little mulatto boy says they were probably driven in there for the English to tie their horses to when they came to Washington's headquarters to surrender; or perhaps in after years slaves were tied to these big iron handles when they were whipped. Possibly Washington used them in place of a shawstrip in bringing the tree down to Richmond to plant it. In fancy now I can see the father of his country, just as he was about to become so. He gets off the train from Washington, and carrying in one hand a small portmanteau containing a maul and set and powder rag, while in the other he holds by these iron handles the small tree which he purposes planting in the rear of his headquarters.

Going to the Exchange hotel he registers and inquires of the clerk in charge if they have a Washington's headquarters in Richmond.

But all this is just fancy, for George did not, as a matter of fact, have any headquarters here in Richmond at all. He bought a site for one but never built on it.

Libby prison is soon to be removed from Richmond to Chicago. We visited it. I do not know what price was paid for it, but whatever the sum I would rather have it than the prison. The work of taking it down, brick by brick, numbering each and putting it back in the same place, taking out the mortar, grinding it up and using it over again, numbering each shingle, board and nail hole so as to put it back exactly as it was before, will be a gigantic one. Moreover, the inner wall is covered with the names of numberless antislavery prisoners, written with pencil or scratched into the hard bricks by those who are living today or gone to their reward. It will be almost impossible to remove the wall and preserve these names, which really make the prison valuable as a relic. Besides, there are many names covered up by repeated whitewashing since the war, and every day a new one is discovered by carefully peeling off the thick coat of lime which hides the inner wall.

Since the war Libby prison has been used as a repository for fertilizers. It now has a breath which will advertise its arrival in Chicago without loss of time. If the people of the north do not visit Libby prison it will not be because they are ignorant of its whereabouts.

It is a solemn place to visit even for a little while. The three of us together visited the various floors—Mr. Riley, the writer and a large, earnest odor. There are still many marks of the old time incarceration, such as the checker boards scattered on the floor and the fox and goose diagrams.—Bill Nye in New York World.

High Life in the Nineteenth Century.

Millionaire—Have you completed the plans I ordered?
Architect—Yes, sir.
"Where have you put the dining room?"
"Front. A bedroom will be above."
"With the study facing north."
"Yes, sir; and the library just behind it."
"Of course. And you have put the laboratory where I directed?"
"Yes, sir."
"What will the total cost be?"
"A trifle over \$50,000, and a very nice private railway car it will be."
"Is that all? What will my new house cost?"
"About \$20,000."
"Where! Do you take me for a Croesus?"
—Time.

The Small Boy Goes Head.

Young Teacher (closing a talk to a school)—Now, scholars, in what way could I rise highest in your estimation?
Toot's Boy (on a back seat)—By sitting down on a bent pin, sir.—Time.

Her Peculiarity.



Miss Kate—Sophie is, as you say, a very attractive girl; but don't you think there is something masculine about her?
Harry (looking attentively)—Well, nothing except Mr. Splendor's arm.—Life.

The New Talent Reader.

"And here is a man who seems to be in a towering rage. Have his liberties been threatened?"

"Alas! they have, and he says he will die in the last ditch."

"Who has dared to menace his sacred rights?"

"The police. A patrolman found him in an alley, with a bunch of shovels keys in one hand and a burglar's jimmy in the other, and asked if he wouldn't please walk down to headquarters and explain whether he was looking for rats or getting ready to mark goods for a quarter off sale."

"And he went?"

"Yes, but he said he would make it hot for the patrolman. He explained to the chief that he used the jimmy to crack railroad sandwiches; and that the keys belonged to his cat bin up home, and thus cleared himself."

"And will the patrolman have to go?"

"Of course. Personal liberty is a sacred thing to monkey with."

"Poor man! Why doesn't he look in the rogues' gallery and see if the man's photograph is not there?"

"He has, and he found it, but the citizen will bring his two brothers-in-law to prove that it got there by mistake for Jew Bill's photo. He must go. He should have had more discretion."

"Does the man shiver with the cold?"

"He does. He has no overcoat, and his clothes are thin. He also has a hungry look."

"Does he want work, that he may buy himself some warm clothing?"

"Not hard work. If you know of a vacant trusteeship of an ice company paying about \$5,000 a year, he would smile at the information."—Detroit Free Press.

The Welfare of Children.

There is a distinct advance in intelligent group interest in child life. Mr. Howells, Miss Larcom and Edward Everett Hale have all given us interesting books embodying their own recollections of childhood. Mrs. D. Land is writing a charming novel whose main interest is in problems of childish psychology, and Mrs. Burnett promises a similar volume. During the recent meeting of the Association of College Alumnae it was evident that one of the most interesting branches of work taken up by college bred women is systematic and scientific study of the development—physiologic, psychologic and ethical—of very young children. This recognition of the interesting points of the young human animal is significant. It not only promises better things for the child, but better times for his elders.—Kate Field's Washington.

Why Milk Differs in Quality.

Milk is more susceptible to changes from the normal condition than any other food product. The first class of changes has been brought about by the action of breeders. By many years of attention to breeding for fat production, it is now possible to get milk which may be twice as rich as the normal. On the other hand, other breeders have paid special attention to production of large quantity, even at the expense of quality, until pure milk is sometimes produced having as low as 10 per cent. of solids, when the normal is 13 per cent.

A second set of causes which influence the quality of milk grows out of the ignorance or carelessness of the producer or seller. Where the persons held the exploded idea of the value of one cow's milk for children anything in the treatment of the cow which affects its nervous temperament may unfit it for food for very young children. Uncleanliness or neglect is often a grave source of trouble in the handling of milk, not only on account of the possibilities of the addition of visible filth, but because milk is peculiarly susceptible to odor, various kinds of bacteria and disease germs. Epidemics of scarlet fever and typhoid fever have been traceable to the milk supply, unclean cans and other utensils, and particularly to propagating bacteria.—Boston Transcript.

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Justice of the Peace, George Wilkinson, of Lowell, Murray Co., Minn., makes a deposition concerning a severe cold. Listen to it. "In the Spring of 1888, through exposure I contracted a very severe cold that settled on my lungs. This was accompanied by excessive night sweats. One bottle of Boschee's German Syrup broke up the cold, night sweats, and all left me in a good, healthy condition. I can give German Syrup my most earnest commendation."

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Mr. J. C. Jones, of Fulton, Ark., says of S.S.S. "About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any relief. I also tried mercurial and potash remedies, with unusual

RHEUMATISM

successful results, but which brought on an attack of mercurial rheumatism that made my life one of agony. After suffering four years I gave up all remedies and commenced using S. S. S. After taking several bottles, I was entirely cured and able to resume work.

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