

A Matter of Health

It costs more to make Royal Baking Powder than any other, because its ingredients are more highly refined and expensive. But the Royal is correspondingly purer and higher in leavening strength, and of greater money value to the consumer. The difference in cost of Royal over the best of the others does not equal the difference in leavening strength, nor make good the inferior work of the cheaper powders, nor remove the impurities which such powders leave in the food.

Where the finest food is required, the Royal Baking Powder only can be used.

Where the question of health is considered, no baking powder but Royal can be used with safety. All others are shown by official analyses to contain lime, ammonia or alum.

A SENSATION IN CHURCH.

An Inquisitive Dog Created Consternation at a Puritan Gathering.

"Some curious stories are told in connection with old Puritan church customs," said Mr. Ezekiah Butterworth. "Some of the old customs seem very funny as we see them now. There was little less than a quise not to attend church in those old days unless detained by sickness. In fact, a person was thought very little of who even came late to Sunday worship.

"One Sunday morning in early autumn a Puritan woman, whose reputation for housekeeping, spinning and church attendance was excellent, was belated in her morning work. She took her long necked pitcher and went to the pasture where her cow was waiting to be milked. This duty done, she found—for she could see people on the road—that she hadn't time even to carry the milk back to the house and get to church in season. So she took her long necked pitcher along with her and sat in the gallery right near where the singers and bass viols were displayed. After the singing was over and the long sermon had begun—sermons were an hour or two long in those days—she grew sleepy.

"Her long necked pitcher sat on the floor near by and near the front of the gallery. She was soon oblivious of either milk, sermon or a dog that came pitpatting up the gallery stairs. The milk soon attracted the dog. He smelled and wagged his tail, then smelled and wagged again, then looked inquiringly at the unconscious milkmaid. He made up his mind very soon, and into the long neck went the dog's head, neck too. He couldn't get much milk and wanted to pull back and try again.

"But he couldn't. His head was wedged fast in. He pulled and used his paws and tried to back away. Blinded of course by the pitcher, his steps were erratic, and suddenly to the astonished people below there appeared a sudden parting of the balcony curtain, an almost blood curdling yell was heard, and there was a flash and downpouring, straight in among the four unconscious deacons in the deacons' pew beneath, of snow white milk, long necked pitcher and a milk soaked, frightened dog.

"For once there was a great awakening in that church, but the poor woman was frightened nearly out of her wits, and the superstitious deacons were greatly scandalized."

The Bravery of Women.

Whether they are recognized as more than a passive force, women have played an active part in history and have shown resource in emergency, presence of mind in peril, and invincible determination in the face of seemingly hopeless obstacles.

They have not degenerated. On the contrary, with the opportunity of the present, its broad training, its liberal education, they are more ready now for active duty than ever they were.

Never before has the state had in reserve such a force of intelligent, steady nerved, well disciplined women. Whatever crisis may call it into action, this reserve is ready, and in any and every emergency it will not be found unprepared or reluctant to do its part with heart, brain and mind.—Chicago Inter Ocean.

Coloring Food Products.

Sausages—both meat and skin—are dyed with aniline colors for the purpose of hiding the color of unhealthy or stale meat which may have been used. Jams, especially plum jams, are generally dyed with aniline colors, and sugar confectionery is hardly ever without such artificial dye. Ale is darkened with burned sugar, as also are brandies and whiskies.

It must be admitted that in by far the majority of these cases the color used is entirely harmless and has no influence on the health of the consumer. Yet there are a number of aniline colors which are positively poisonous even when pure. Such colors are picric acid and its salts, martius yellow, safranine, methvien blue, dinitrocresol and aurantia.

Others, unobjectionable in themselves, become poisonous owing to their mode of manufacture, which leaves in the products poisonous impurities, such as arsenic (rarely), salts of copper, tin or zinc. The manufacturer of sausages or jams has not the least idea whether the color he uses may not belong to one or other of the above, to which doubtless many others could be added, and even if the quality of color consumed by one individual may be exceedingly small it is palpably evident that no such manufacturer should have the right to use such colors.—Drugs, Food and Drink.

Showing a Pass.

As a rule, the man who rides on a free pass does not seriously object to showing it, but he does hate to be annoyed and suspected by the conductor. A passenger on the Royal Blue was requested to show his pass four times between Baltimore and Philadelphia.

"Look here, Mr. Conductor," said he at last, "is there anything wrong with that pass? Did you ever see one before?"

"If you were in my place, you couldn't see them too often. You don't know perhaps that only about 1 pass in 10 is good on the vestibular trains, and when a conductor turns in one that isn't he is responsible and must stand the loss. Yours seems to be all right, and we shall not worry you again."

It seems to be the custom of most roads to give free pass holders the benefit of the slower trains.—New York Tribune.

Attention Paid to Walking.

It is enough to imagine the unfeigned amazement of a dame of the old school if the proper position of the feet in walking were made a matter of doubt. For years the dancing master's standard in all matters of carriage and walk has been an unquestioned one. The fine de siècle young woman, however, has a mind of her own. She has not found that the conventional training of the dancing master, valuable as it undoubtedly is, was all sufficient in producing that grace of carriage and elegance of manner so desirable in the woman of the world.

On the contrary, she has found that the physical training of the woman of the stage has been more often conducive to the desired end. Hence it is that schools of Delsarte have sprung up all over the land, and systems of physical training, including boxing and fencing, heretofore relegated to the sterner sex, have found patronesses in plenty.

IN THE DARK.

O Thou who art my only Light,
Thou do I follow through the night;
Though hope and love are out of sight,
Firm trust in Thee my spirit hath:
Thou knowest my path!

Although I cannot see Thy face,
I feel the warmth of Thy embrace,
Infold me in the dangerous place
Where all I'm waiting to betray:
Thou knowest my way!

O Thou who seest me through and through—
The thoughts I think, the deeds I do—
Thou knowest I would to Thee be true!
Oh, draw me closer to Thy side,
My Lord, my Guide!

Thou knowest me, lovedst me in the past,
Even when the tempter held me fast;
Thy wanderer has come home at last,
Never again from Thee to stray—
From Thee, my Way!

I know not what may yet unfold
Beyond the meeting's gates of gold—
This is my leave—Thy hand to hold,
Thy steps to follow through the night,
My Lord, my Light!

—Lucy Larcom in Independent.

The Use of Poetry.

Nearly all the other arts have an official standing. They are endowed, perpetuated, made part of the apparatus of life. But we are as incredulous of poetry as of the sea serpent, and the affidavits of those who have seen the thing itself do not convince a sceptical world. Poetry's killing foe is wealth, and wealth of late has grown beyond the dreams of avarice. Money, which can call into existence many of the arts, which can rear architectures, lay out gardens, give to household decoration a sumptuous beauty impossible to poor ages, which can even greatly help in the creation of music and painting—money has no potency over the proud and disdainful muse.

But the future of poetry is immense, because when actualities oppress, when utilities task, when, "tired of all these, for restless death we cry," all we need do is to open our books and without struggle to partake the strife, without effort to attain the ease, without putting off mortality to have part in the immortality of those old things which show a semblance of eternal life—the creations of the divine poets. Ponce de Leon sailed far for his fabled fountain of youth, but the wiser man is he who takes down his Homer or his Shakespeare and discovers there in the spring the Spaniard failed to find.—Forum.

A Strange Selection.

It is an easy and very profitable business to smuggle rifles into Morocco. A weapon may be bought in Gibraltar for \$10 and sold in the interior for five or six times that sum. Smugglers are continually running over in feluccas and beaching these arms somewhere between Cape Spartel and Tangier, and curious are the devices by which they accomplish their transport.

One smuggler told a traveler that he ran his cargo into Tangier bay after dark and unloaded the rifles on the beach not a quarter of a mile from the custom house.

"Who assists you in unloading?" asked the traveler.

"I generally employ the porters of the custom house," was the innocent reply.

Then, noting the surprise and amusement of his hearers, he added: "They are more skilled in unloading than other laborers."

It had evidently neither occurred to him nor to the porters that they might betray him.—Youth's Companion.

Hypnotism and Dentistry.

For a quarter of a century I have been hoping that the principles of hypnotism as now developed might be applied so as to bring relief to patients during dental operations. It is with pleasure that I am able today to report a pronounced success in that direction—a success that I believe will continue, and the methods will be so formulated that the art will be within the reach of every intelligent operator on the human teeth. I found that it was the opinion of writers on hypnotism that pain would always wake a patient from the hypnotic sleep unless such patient was in a somnambulistic condition. I felt it might be quite possible to derive distinct benefit in the lighter stages if they could be kept continuous. I soon believed it possible, and after a diligent study of Bernheim I commenced to hypnotize, and my first effort proved a success.—Thomas Filiebrown, D. M. D., in Dental Review.

Smoke and Cold Weather.

There can be no doubt that the smoke blanket modifies the temperature of the city. There is nothing new in the fact. Gilbert White of Selborne, who died 100 years ago, wrote, "When a thermometer hangs abroad in a frosty night, the intervention of a cloud shall immediately raise the mercury 10 degrees, and a clear sky shall again compel it to descend to its former gauge."—St. Louis Post-Dispatch.

Woman's onward March.

There came a time in the history of my life when I suddenly realized that I can tell a brierwood from a meerschaum while it is being smoked. It was borne in upon me that by years of subtle training I had come to know a "Perfecto" from a "two-for-a-nickel." It flashed upon my sinful soul that I, Sappho, the scroer of nicotine, was myself a connoisseur of the delicate and difficult art of distinguishing—even from the next room—the varying characteristics of differing kinds of Turkish tobacco. I found, to my amazement, that I knew the perfumed Turkish cigarettes less their national characteristics coming over land and sea to Boston, and that a Richmond cigarette is more grateful (vicariously) to my nostrils.

I can smell this moment the peculiar peanut nuttiness of an old clay pipe and the almond nuttiness of a new Henry Clay cigar, and I can recall to a whiff the experimental odor of a cornucopium brimming with rank plug. Yet I never smoked but once in my life. Then I choked on burning mullein leaves recommended for a cold! It is one of the results of the opening of modern occupations for women that I have become so learned in this way. I don't know yet whether or not I am proud of my wisdom, but it is certain that I have no vicarious amusement more charmingly altruistic than smoking.—A Woman in Boston Transcript.

The Habit of Migrating.

The best authorities state that the habit of migrating is due to the fact that at the time of the great climatic change whereby the northern portion of the globe became the frigid place it is now the birds inhabiting the extreme north were forced southward, and, further, that in the change of seasons, when in summer the north furnishes them the conditions of life they have gradually formed, the habit of resorting thither. This explanation sounds plausible, but there are some questions which it fails to answer. For instance, how do the birds forecast a change of season so that their flight southward is begun in time to escape the storms of winter? And by what messenger are they informed in the spring that the time has come when they can with safety return to their northern breeding places?

The latter question receives a hypothetical answer in the assertion that, as most migratory birds breed in the northern limit of their flight, it is the sexual instinct which sends them north—and the statement is supported by the fact that the male birds of some species usually precede the females—and as the sexual instinct is always stronger in the male there seems some reason in this theory. But not all birds are migratory.—Mrs. J. B. Southworth in Albany Journal.

Condition of Indian Pariahs.

The condition of the unfortunate pariahs in India continues to occupy the attention of philanthropic persons. Apart from a series of careful investigations undertaken by the missionaries, Mr. Tremeneere, the collector of Chingleput, has been personally inquiring into the subject, and he has embodied the result in a report to the government. While the missionaries, however, have been met with a peremptory official denial of their allegations, Mr. Tremeneere has been severely rebuked by the government, who pronounce his statements "sensational," and declare his proposals to be "utterly impracticable."

Yet those who have a personal knowledge of the unhappy victims of caste prejudice declare that they are oppressed by a system which can only be described as slavery. The pariah, it is said, finds it difficult, if not impossible, however hard he may struggle for an independent existence, to hold a plot of land, and even the humble cot which shelters him is no longer his own if it should unfortunately happen to take the fancy of some covetous and scornful village "mansadar."—London News.

One Man's Insane Idea.

The writer once entered into conversation with the inmate of an asylum, at the request of the superintendent, who said he was a monomaniac, and invited me to find out if he could the particular point of his insanity. "It is a rum subject to go mad on, I must say," he added, by way of helping me. I tried him on various subjects without success; in fact, he seemed better informed than myself, and I was turning to go when he tapped me on the shoulder and whispered in my ear: "It's a long time coming, isn't it?" "What is?" I asked. "Why, the day of pentecost, of course!" he answered. And that was the only irrational thing he said during the whole interview.—London Tit-Bits.

Styles In Alaska.

It is strange how soon one becomes accustomed to and adopts the customs of the country in which one sojourns. All our party have gradually come to wear native clothing, more or less.

Sledskin boots (hair seal, not the fur seal), either with the hair on or off the uppers and legs, as may be desired, with walrus skin soles, worn with an insole of dry grass, were the first articles of apparel adopted. They are the most comfortable I have ever worn. They are also the most clumsy looking.

But one soon forgets about the appearance, and a person with a pair of American made leather boots or shoes looks as much out of place as an Eskimo would on the streets of Portland with his parka (coat), hood and boots on.

It is too warm for us to endure the fur coats made of reindeer, seal, squirrel, muskies, etc., but most of the party are provided with them.

The hoods are usually attached to the coat and are thrown back in warm weather, leaving the head exposed.

The winter boots are made of reindeer and other warm skins, with the fur on, but are not worn in wet weather. The hair of the reindeer is as soft as beaver, and a coat of its material will keep out the cold more effectually than 10 times its weight in woollens.

In fact, as I am told by residents, one cannot wear enough woollens to keep warm in winter, the weight being too great. Furs are also a necessity for bedding.—Cor. Portland Oregonian.

Some Other Man.

"Hello, Joe!" cried a youth on Broadway yesterday as he slapped a gentleman vigorously between the shoulders.

"Oh, I beg a thousand pardons!" he continued as in response to the blow the other turned his head and revealed an unfamiliar face.

"Took you for another man, you know," he added by way of an apology.

"And so I am another man," replied the stranger ironically as with a shrug of the shoulders he struck across the street, leaving the young man to wonder how he should have framed a more effectual apology.—New York Herald.

A Pagoda In China.

The porcelain pagoda in China had nine stories of the combined height of 266 feet, and the pinnacle was 148 feet above the highest story. It derived its name from being covered with plates of porcelain. It cost 2,485,484 ounces of silver.—St. Louis Globe-Democrat.

THE REASON.

Let us look into the force, meaning, reason of the oft-repeated line: Cures Promptly and Permanently.

Pains Endured for 30 Years,
25 Years,
20 Years,
10 Years,

Have been promptly Cured by
ST. JACOBS OIL.

By the use of:
A FEW APPLICATIONS
A HALF BOTTLE
ONE BOTTLE
TWO BOTTLES.

Correspondence with Sufferers shows entire permanence of cure up to this time, in some cases covering

5 Years,
7 Years,
8 Years,
10 Years,

and so on, and this proof we hold.

A copy of our "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. VOORHIS CO., BALTIMORE, MD.

Golden West

Baking Powder

Purity and Leavening Power UNEQUALED.

CASH PRIZES

To introduce our Powder, we have determined to distribute among the consumers a number of CASH PRIZES. To the person or club returning the largest number of certificates on or before June 1, 1894, we will give a cash prize of \$100, and to the next largest, numerous other prizes ranging from \$5 to \$75 IN CASH.

CLOSSET & DEVERS, PORTLAND, OR.

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