Splendid Tribute

THE SAN FRANCISCO BOARD OF HEALTH URGES THE USE OF THE

Royal Baking Powder.

The magnificent tribute of the San Francisco Board of Health to the great purity and wholesomeness of the Royal Baking Powder greatly disturbs the manufacturers of the lower grade powders. Their envious publications, however, cannot break the force of this unsolicited and unbiassed, high medical endorsement. Attached is a certified copy of their original report, with the signatures of the members of the Board in fac-simile:

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 to make a purer or stronger Baking Powder than the "Royal."

Jos. R. Davidson M.D.
Chas. McLuesten M.D.
Hen. M. Fiske, M.D.
T. J. Letourneux M.D.

"That remains to be seen," as the boy said when he spilt the ink on the table cloth.

A cough, cold or sore throat requires immediate attention, as neglect results in some incurable lung disease or chronic throat trouble. "*Brown's Bronchial Troches*" will invariably give relief.

When "love" flies out the window" it is usually out of the dining-room window.

In 15 Minutes.

I suffered severely with face neuralgia, but in 15 minutes after application of

ST. JACOBS OIL

was asleep; have not been troubled with it since. No return since 1882.

F. B. ADAMS, Perry, Mo.

"ALL RIGHT! ST. JACOBS OIL DID IT."

"German Syrup"

Two bottles of German Syrup cured me of Hemorrhage of the Lungs when other remedies failed. I am a married man and, thirty-six years of age, and live with my wife and two little girls at Durham, Mo. I have stated this brief and plain so that all may understand. My case was a bad one, and I shall be glad to tell anyone about it who will write me. PHILIP L. SCHENCK, P. O. Box 45, April 25, 1890. No man could ask a more honorable, business-like statement.

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 Express and P. O. address. T. A. Slocum, M. C., 183 Pearl St., N. Y.

INDIAN DEPREDATION | PENSION | PATENTS | LAND | HOMESTEAD | POSTAL

CLAIMS

The "EXAMINER" BUREAU of CLAIMS —UNDER THE DIRECTION OF— San Francisco Examiner.

If you have a claim of any description whatsoever against the United States Government and wish it speedily adjudicated, address

JOHN WEDDERBURN Manager, 618 F street N. W. Washington, D. C.

Tutt's Tiny Pills

stimulate the torpid liver, strengthen the digestive organs, regulate the bowels, and are unequaled as an anti-bilious medicine. Dose small. Price, 25c. Office, 39 & 41 Park Place, N. Y.

"WHEN MY SHIP COMES IN."

"When my ship comes in," runs the young man's song,
"What brave things shall I do
With the strength of my wealth and the joyous throng
Of friends stout hearted and true."

He watches and waits 'neath storm and sun
By the shore of his life's broad sea,
And the days of his youth are quickly run,
Yet never a sail spies he.

"My ship has gone down!" in soberer strain
Sings the man, and to duty turns.
He forgets the ship in his toil and pain,
And no longer his young hope burns.

Yet again by the shore he stands grown old
With the course of his years well spent,
And gazing out on the deep—behold
A dim ship landward bent!

No banner she flies, no songs are borne
From her decks as she nears the land;
Silent with sail all somber and torn
She is safe at last by the strand.

And lo! To the man's old age she has brought
Not the treasure he thought to win,
But honor, content and love—life wrought,
And he cries, "Has my ship come in?"
—M. A. de Wolfe Howe in Harper's Weekly.

An Elevator in Florence.

"In Florence," says a traveler, "I encountered the slowest elevator known. It was in one of the palaces, and a party of us wanted to go to the upper rooms. After a considerable time the lumbering thing creaked down and an attendant threw open the doors of its dingy interior. He bargained with us for the trip at about five cents a head, and then, after carefully looking us over, took out iron weights from the floor of the cage till he decided he had balanced our joint avoirdupois. We then entered and the 'lift' began the ascent. We moved so slowly that the ladies became alarmed, fearing we should be stalled between floors, and though the height was not great, not more than that of a four story building, we were several minutes in accomplishing it.

"Two or three of our party who had preferred the stairs to the known slowness of the elevator, had reached the gallery, rested from their climb, and well begun a survey of the pictures before we arrived. And the complacency of the attendant was so exasperating; he evidently thought his car remarkable for comfort and speed. I longed for a communion of language to give him a word picture of some of our New York elevators. —New York Times.

Long People Are Seldom Fat.

Some persons are born with a normal tendency to become fat, others with a tendency to leanness. It is the same among the lower animals. The hog is a sort of machine for transforming the odds and ends of food into fat, but the farmer knows beforehand that a little pig with long legs and snout will work off the fat as fast as it can be made. So a long legged person seldom inclines to obesity.

Temperament has much to do with the bodily condition in this respect. In lymphatic people the life processes are slow and the fat is largely deposited rather than burned. This temperament furnishes some of the best types of surface beauty. The person of nervous temperament, on the other hand, by excessive activity of body and mind, and by predisposition to haste, worry, fret and impatience, naturally remains lean; but while the features of such a person will probably lack softness and roundness of outline, they may exhibit in a marked degree the higher beauties of mind and soul.—Hall's Journal of Health.

[...]MOVE WARTS.

THE SUPERSTITIOUS NOTIONS CONCERNING THE PESTS.

Curious Methods of Ridding One's Self of the Troublesome Visitors—Charms of All Sorts—Absurd Beliefs—Stray Bits of Folk Lore.

Warts are especially undesirable possessions; although it has been thought that the presence of one on the right hand would insure riches to the lucky person having it. Various means of ridding one's self of these troublesome visitors are on record, and some of them are sufficiently curious to merit mention. They may be banished, say some, by merely wishing them gone. The Breton peasant passes his hands over them, makes the sign of the cross, and bids them go in God's name. In Deux Sevres you must pinch them each time you think of them, and say, "One!" In Lusatia, when you see a funeral pass, say, "thou! thou! in the name of the Father, Son and Holy Ghost!" Or, when two carriages pass, say, "Get out! get out!" The troublesome warts will follow the procession. A funeral procession is utilized in Ireland by saying, "May these warts and this corpse pass away and never more return. In the name," etc. The warts must be rubbed with the hand during this time.

In Lancashire, the warts may be rubbed with a cinder, which must then be wrapped in paper and dropped at cross roads. Whosoever picks it up will get the warts. In Lusatia, certain marine petrifactions picked up on the beach are used in the same way, with the addition of the formula, "In the name of the Father," etc. In Lower Brittany, small buttons are made of slate, and the credulous peasants count out as many as the number of their warts, inclose them in paper, to look like a roll of pennies, and throw this away on the first road, believing that the person who shall pick up the deceptive package will take the warts with him. In Deux Sevres, as many pebbles as there are warts are placed in a cavity in the wall, in the hopes that some one will get them and the warts.

I have heard, when a boy, that a piece of beef would cause them to disappear, if they are rubbed with it, and the beef buried. There are many variations in this remedy in various parts of the world. It is, perhaps, the most popular cure of all those given. In Northumberland, Devonshire and Lancashire the beef should be stolen, and in Deux Sevres, two pieces must be used, and then tied together. In Lancashire, it is not buried, but must be carefully nailed up on a gate post at a point where four lanes end, or any other secure place, and suffered to decay. In Devonshire, the beef must be thrown over a wall and your left shoulder at the same time.

In Scotland, stolen bacon is necessary, and lard from a male pig in the Vosges mountains, buried deep in the ground. In Lower Brittany, you must steal a piece of lard from your neighbor's chimney, taking care not to get caught at it, rub the warts with it, and put it in a manure pile. Norman peasants use a pork rind, and put it in a rut in the road; when a carriage passes over it, a cure is insured.

In Vivarais, France, rub with the down of the broom plant, and throw it over your shoulder into the road. Peas or beans are employed in many places. In Upper Brittany, the warts must be rubbed with small peas, which are then cast into a well or fountain. As they rot, the warts will disappear. In the Vosges mountains, you may take as many peas as there are warts, and cast them on the fire, taking care to run away so as not to hear them explode.

In Buckinghamshire, the favorite prescription is to rub the warts with peas, one for each wart, and then wrap the peas in a paper and throw them away. A leaf of cabbage picked up on the road is used in Lower Brittany. Rub the warts with it, and put it just where you found it, hastening away without looking behind. In England a piece of sour apple will perform a cure, and in Deux Sevres, blood from a wart is dropped inside an apple, but in a peculiar way, and then allowed to rot. In Northumberland, you must rub with the black snail nine nights in succession, and then impale the animal on a thorn hedge. In Lower Brittany, a large snail must be rolled over the warts, and then impaled on a wheat stalk as high as possible.

In the Vosges, knots are tied in a string, one for each wart, and the string thrown over the shoulder, without looking to see what becomes of it. Others say to put the string under a stone which you may not be able to find again, or under the paternal roof tiles. In one part of England, each wart must be touched with its knot, and the string buried in a moist place, while the formula, "There is none to redeem it besides thee," is repeated. In Lusatia, stalks of grain, containing as many knots as there are warts, are used, passing each knot three times over them and saying: "In the name of the Father," etc. In L'Orient, the straw is buried to rot. In Scotland, rye stalks are necessary, and they must be wrapped in a cloth and put secretly away. In Oxford, a notched stick was substituted.—F. S. Bassett in Globe Democrat.

Betrothals in Bulgaria.

Often the Bulgarian peasant maiden undergoes lengthened tribulations, of hope deferred and unkind disappointments, between her betrothal and marriage. If her lover is poor and unable to accumulate the stipulated price set upon her head, and which must be paid before she can become a bride, the wedding is sometimes postponed for years. Sometimes the parent of the prospective bride is a considerate father, and in case the whole amount cannot be raised, accepts a portion, and gives the young couple time to pay the balance by their united exertions.

But quite as often the "cruel parent" will harken to no such compromise, and no such loose, unbusinesslike settlement, and until their "ship comes in" the daughter has to hoe and reap in her father's fields. Always after the betrothal, however, which is a public ceremony gone through with amid much wine drinking and feasting, the young couple are allowed to bill and coo within the limits of Oriental propriety, and if the fates presume to use them too harshly they sometimes accomplish happiness by an elopement. In that case there come the usual tears and forgiveness upon the runaway couple's return, and usually some sort of a compromise between no payment at all to the exacting father and the sum stipulated at the betrothal.—Thomas Stevens in Woman.

A new industry in California is said to be the killing of bees that swarm in private houses. At present it is monopolized by two men.

FINDING THE PROOF.

HOW AN EDITOR CONVINCED A FINANCIER.

A Doubter Is Given Unquestionable Proof Which He Did Not Believe Could Be Produced.

"It is all very well," said a prominent California street financier to a well-known San Francisco editor, "for you newspaper men to investigate and recommend anything which can help the people, but the proofs you bring are not definite enough and are too far away from home. Why don't you produce some San Francisco proofs? Simply because you cannot do it."

The above conversation occurred in the court of the Palace Hotel.

"I will wager you the best dinner you can order," said the editor, "that within a week I can produce confirmatory evidence right here in San Francisco that every assertion we have made concerning this investigation is true."

The results of the editorial work are given herewith:

Mr. William Giselman, a well-known attorney and manager of the Hasting's Trust, was found at his office in the Phelan Building. When asked if he had been benefited by the use of Warner's Safe Cure he cheerfully and enthusiastically told what the remedy had done for him.

"I had possessed strong prejudice against patent medicines," he said, "but four years ago when I was suffering from a severe attack of congestion of the kidneys and liver, I was persuaded to try Warner's Safe Cure. I was surprised at the almost immediate benefit I derived from it and I have been an enthusiastic friend of the medicine ever since. I have recommended it to a great many friends, not only in this city but in Sacramento and in Solano and Napa counties, and always with the best results following its use."

Dr. M. M. Gibson is the pastor of the United Presbyterian Church. Some years ago, while traveling in Europe, he contracted renal calculus, or stone in the kidneys. He tried various remedies but got no permanent relief. Speaking of the way he finally became cured, the Doctor said:

"Having heard of Warner's Safe Cure I wrote to the proprietors at Rochester, New York, and they, through professional courtesy, sent me a half dozen bottles. I took the medicine according to the directions and was speedily restored to health. Since then I have had no return of the trouble from which I suffered so intensely. I have heard many people tell of the benefits derived from the use of this great remedy. Only the other day I was talking to Mr. Seabury, the druggist, opposite the Baldwin, on Market street. He was decrying patent medicines, when I said: 'How about Warner's?' He replied: 'That remedy is not properly classed as a patent medicine. It was originally a physician's prescription.'"

Mr. J. J. Evans, the popular stationer at 406 California street, said:

"For years I had been troubled with rheumatism which seemed to settle in my shoulders, giving me most intense pain. I tried various remedies and doctors' prescriptions, but could get no permanent relief. A few bottles of Warner's Safe Cure perfectly restored me to health and I am no longer a sufferer from rheumatism."

Mr. C. W. Hopkins, with J. Houston & Co., Market street, in reply to the inquiry of our reporter, said:

"In 1884 I was refused a policy in the Mutual Life Insurance Company of New York, on account of kidney trouble, which soon after became so severe that I was compelled to take to my bed. I employed the best physicians who diagnosed my trouble as a case of Bright's Disease and pronounced it incurable, giving me but a year to live. My sufferings were terrible and reduced me to almost a skeleton. After spending over $1300 in doctors' bills, without obtaining either health or encouragement, I was induced to try Warner's Safe Cure. I did so, and was surprised and rejoiced to find that it was working a radical cure which has long since been effected. As a result of the work of this great remedy, I to-day carry a policy in the above-mentioned Life Insurance Company and consider myself as healthy a man as can be found in this particularly healthy country."

Dr. H. M. Fiske, whose office is in the Donohue Building, is one of the oldest and best known physicians in the city. In the course of conversation our reporter frankly asked the Doctor if in his practice he had any experience with the use of Warner's Safe Cure. The physician answered the inquiry with more candor than most doctors would display when proprietary medicines are mentioned. He said:

"I have seen the formula published in the Medical Journals and I should judge that it had been prepared by some able physician. I experimented with the prescription by prescribing medicine under similar formulæ and found that they did much good. In one or two cases after that where circumstances made it difficult for patients to reach me for treatment, I advised them to go and get Warner's Safe Cure. I do not care to say much about the remedy except that I have found it a very good preparation. One case in which I know of its successful use was that of Bright's Disease in its earlier stages."

It is needless to say that these overwhelming proofs convinced the financier, as they should any reasonable person, that the great preparation of which they speak has no equal for the serious troubles it is designed to cure. Its wonderful popularity is due wholly to its power and it stands, as it deserves to stand, above all other modern cures.—*San Francisco Evening Post.*

I 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 FALLING SICKNESS a life-long study. I warrant my remedy to cure the worst cases. Because others have failed is no reason for not now receiving a cure. Send at once for a treatise and a Free Bottle of my infallible remedy. Give Express and Post Office. H. G. ROOT, M. C., 183 Pearl St., N. Y.

TAKE IT
W. PFUNDER'S.
OREGON BLOOD PURIFIER.
CURES
KIDNEY & LIVER DISEASES. DYSPEPSIA.
PIMPLES, BLOTCHES AND SKIN DISEASES.
HEADACHE. COSTIVENESS.

PISO'S CURE FOR CONSUMPTION — 25 CTS. — CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

IN THE NICK OF TIME.

The nick of time to stop the course of bladder and kidney complaints is when the organs concerned exhibit a tendency to grow inactive. The healthful impulse toward activity that they receive from Hostetter's Stomach Bitters rescues them from impending danger, and averts such dangerous maladies as Bright's disease and diabetes. Sluggishness of the kidneys increases a liability to chronic rheumatism, gout and dropsy, and since the blood is filtered by these organs in its passage through them, the operation of the Bitters serves a doubly happy purpose. The medicine acts without exciting, like the fiery stimulants of commerce. Malarial, dyspeptic, constipated and nervous invalids are thoroughly relieved by it. Since the advent of that shocking malady, la grippe, it has been widely demonstrating its usefulness as a curative and preventive of it.

Justice so often gets a black eye it is no wonder she keeps a bandage over them.

DEAFNESS CAN'T 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 we cannot cure by taking Hall's Catarrh Cure. Send for circulars, free. F. J. CHENEY & CO., Toledo, O.

Sold by druggists; 75c.

Guard yourself for summer malaria, tired feeling, by using now Oregon Blood Purifier.

NERVOUS DYSPEPSIA.

Senator James F. Pierce of New York writes:

"For the past two years I have suffered very much from an aggravated form of nervous dyspepsia. I have resorted to various remedial agents, deriving but little benefit. A few months since a friend of mine suggested the trial of ALLCOCK'S POROUS PLASTERS. Following the suggestion, I have been using the same with the happiest effects. To those similarly afflicted let me suggest the manner of their use. I place one over my stomach, one over the hepatic region and one on my back. The effect was excellent, and from the day I commenced their use I have been slowly but surely improving, and I am quite confident that by their continuance, with careful regimen, I shall again be restored to my accustomed health."

A man never knows what he can do until he tries, and then he is often sorry that he found out.

A GOOD PLACE FOR BOYS.

Hoitt's School, near Millbrae, San Mateo county, Cal., in charge of ex-State Superintendent Ira G. Hoitt and wife, is undoubtedly one of the best schools for Boys on the Pacific Coast.

Use Enameline Stove Polish; no dust, no smell.

TRY GERMEA for breakfast.

Full of trouble —the ordinary pill. Trouble when you take it, and trouble when you've got it down. Plenty of unpleasantness, but mighty little good.

With Dr. Pierce's Pleasant Pellets, there's *no* trouble. They're made to prevent it. They're the original little Liver Pills, tiny, sugar-coated, anti-bilious granules, purely vegetable, perfectly harmless, the smallest, easiest and best to take. They cleanse and regulate the whole system, in a natural and easy way—mildly and gently, but thoroughly and effectively. One little Pellet for a laxative—three for a cathartic. Sick Headache, Bilious Headache, Constipation, Indigestion, Bilious Attacks, and all derangements of the liver, stomach and bowels are prevented, relieved and cured.

They're the *cheapest* pill you can buy, for they're *guaranteed* to give satisfaction, or your money is returned.

You pay only for the value received. Can you ask more?

Good advice to pipe smokers is to try a pipe full of Mastiff Plug Cut. It's the favorite with all who delight in the subtle charms and fragrant aroma of a pure, mild-flavored, slow-burning tobacco.

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

1 CENT — THE GREAT — SHILOH'S CONSUMPTION CURE. — COUGH CURE. — A DOSE.

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 Porous Plasters. Price, 25c.

Big G is the acknowledged leading remedy for all the unnatural discharges and private diseases of men. A certain cure for the debilitating weakness peculiar to women. Cures in 1 TO 5 DAYS. Guaranteed not to cause Stricture. Mf'd only by The Evans Chemical Co. Cincinnati, O. U. S. A. I prescribe it and feel safe in recommending it to all sufferers. A. J. STONER, M. D., DECATUR, ILL. Sold by Druggists. PRICE $1.00. Trade Mark.

Season for Trout Opens April 1st.

If You Are in Need of Trout Flies, Get the Best.

Standard quality, 4 to 8 hooks, per doz. $0.25
Oregon Trout Flies, 4 to 8 hooks, per doz. .... .50
Fine Reversed Wing Flies, 4 to 8 hooks, per doz. 1.00
Any of above qualities sent by mail on receipt of price. Also a full line of RODS, REELS, LINES, etc., at

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Send for illustrated catalogue.

MOUNTAIN BUDS TEA

A blend from the formula of an old English Tea Merchant.

Best Tea in the World for the Price.

50 cents per lb. at your dealer's or postpaid from the sole importers,

CLOSSET & DEVERS, Portland, Or.

SPEAK QUICK

If you want the finest scouring soap ever offered at any price. The agents failed. We bought it all. Ask for SUNBRIGHT. 5c a cake, 0c a dozen, $6 a gross.

Smith's • Cash • Store, 416-418 Front St., San Francisco.

FRAZER AXLE GREASE

Best in the World! Get the Genuine! Sold Everywhere!

CATARRH

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

Gives Relief at once for Cold in Head. *Apply into the Nostrils. —It is Quickly Absorbed.* 50c. Druggists or by mail. ELY BROS., 56 Warren St., N. Y.

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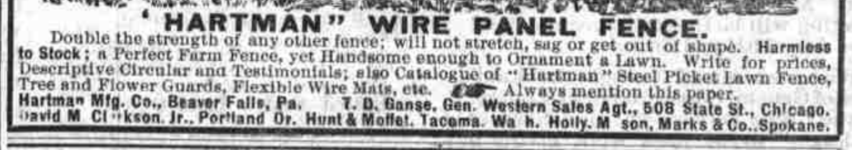
"HARTMAN" WIRE PANEL FENCE.

Double the strength of any other fence; will not stretch, sag or get out of shape. **Harmless to Stock**; a Perfect Farm Fence, yet Handsome enough to Ornament a Lawn. Write for prices, Descriptive Circular and Testimonials; also Catalogue of "Hartman" Steel Picket Lawn Fence, Tree and Flower Guards, Flexible Wire Mats, etc. Always mention this paper. Hartman Mfg. Co., Beaver Falls, Pa. T. D. Ganse, Gen. Western Sales Agt., 508 State St., Chicago. David M. Clarkson, Jr., Portland Or. Hunt & Moffet, Tacoma, Wash. Holly, Mason, Marks & Co., Spokane.



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Mail this double-edge Pruner, any address, $1.50; also express Dexter Diamond Champion Wonder Razor Steel Crosscut Saws, $1.00 ft.—fastest cutter in the world.