

THE SAN FRANCISCO BOARD OF HEALTH.

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 make a purer or stronger Baking Powder than the Royal.

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Members San Francisco Board of Health.

The college student is apt to find that the beginning comes after the commencement is past.

RUPTURE AND PILES CURED.

We positively cure ruptures, piles and all rectal diseases without pain or detention from business. No cure, no pay. Also all Private Diseases. Address for pamphlet Dr. Porterfield & Losey, 838 Market Street, San Francisco.

The desirability of bonds depends on whether you hold them or they hold you.

THE MOST POPULAR SONG



Charms the heart of every Smoker
Tobacco is a luxury—a quieting, restful friend to mankind.
The better the quality the sweeter and milder the smoke.
In all these good qualities MASTIFF PLUG CUT stands at the head of smoking tobaccos.

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

S.S.S. CURES MALARIAL POISON

Nature should be assisted to throw off impurities of the blood. Nothing does it so well, so promptly, or so safely as Swift's Specific.
LIFE HAD NO CHARMS.
For three years I was troubled with malarial poison, which caused my appetite to fail, and I was greatly reduced in flesh, and life lost all its charms. I tried mercurial and potash remedies, but to no effect. I could get no relief. I then decided to try S.S.S. A few bottles of this wonderful medicine made a complete and permanent cure, and I now enjoy better health than ever.
J. A. RICE, Ottawa, Kan.

Our book on Blood and Skin Diseases mailed free.
SWIFT SPECIFIC CO., Atlanta, Ga.

"August Flower"

Miss C. G. McCLAVE, School-teacher, 753 Park Place, Elmira, N. Y. "This Spring while away from home teaching my first term in a country school I was perfectly wretched with that human agony called dyspepsia. After dieting for two weeks and getting no better, a friend wrote me, suggesting that I take August Flower. The very next day I purchased a bottle. I am delighted to say that August Flower helped me so that I have quite recovered from my indisposition."

AN EXPLANATION AND ANSWER.

WHAT IS WINTERILLA?

Why, it is a pleasant and effective remedy for the positive cure of Chapped Hands, Poison Oak, Salt Rheum, Eczema, Sun Burn, Tan; positively removes Freckles, and is one of the grandest luxuries for gentlemen after shaving. This is an exquisite article prepared with the greatest care by scientific experts. Its component parts are perfectly harmless, and the ladies toilet is not complete without it. One trial will convince the most skeptical that what we say of WINTERILLA is true. For sale by all druggists in 25c and 50c bottles.

Had Him There.



Gentleman—I'm afraid you're a bad egg. This is the third time I've caught you poaching.

Pat—Sure, av I wuz a bad egg I wouldn't poach.—Harper's Bazar.

Sympathy.

Miss Well-to-Do—It's very distressing to think that while we are enjoying so many luxuries so many poor people are wanting necessities.

Mr. Cleverlet (who poses as a philosopher)—Quite so. But a converso, you know, it must be very consoling to the poor people to know that while they are wanting necessities so many people are enjoying luxuries.—Chatter.

A Patriotic Employer.

Blobson—By the way, Dumpsey, how do you like your new clerk?

Dumpsey—Don't like him at all. Blobson—Why don't you fire him, then?

Dumpsey—So I shall, but not right away. It has occurred to me that it would be a neat little bit of patriotism to hold off till next Fourth of July and then fire him. See!—Burlington Free Press.

Biased Hopes.

"Where are you going this summer, Jack?"

"I can't go anywhere, Jim. I haven't got any money."

"Why, I thought you told me that you had expectations from your uncle."

"So I had; but he would not accept the collateral I offered him."—Boston Courier

Their Mistake.

"The great mistake we made," said one man to another as they sat in the dock awaiting trial for a swindling operation, "was not in studying law in our youth."

"Then we'd never have committed this crime."

"No; we'd have done it better."—Washington Post.

"Ice Safes."

Crimsonbeak—I notice that even the refrigerator men appreciate the value of ice this season.

Yeast—How so?

"They used to advertise them as ice chests, but this season I notice they very properly call them ice safes."—Yonkers Statesman.

Great Difference in Dogs.

Inquirer wants to know if dogs can find their way home from long distances?

It's according to the dog. If it's one you want to get rid of he will find his way home from Manitoba. If it's a good one he will be likely to get lost if he walks a hundred yards away.—Puck.

Still True to His Colors.

Wearry Raggles—What has become of Lazy Luke?

Tired Tatters—He's at work.

"Horrors!"

"He's at work trying to perfect a labor saving machine."

"Oh!"—Puck.

The Miserable Looking Horse.

Of all horses, the miserable looking horse attracts most attention. This is the horse persecuted by the checkrein. Like women and men who wear shoes a size too small, he shows the outward evidence of misery. Many good natured horses, horsemen say, have been made fretful and vicious by being enslaved by the infamous and cruel checkrein.—New York Sporting World.

Some Large Cities.

London in 1891 had a population of 4,251,431; Paris, in 1886, one of 2,344,550; Vienna, in 1890, one of 1,364,548; Berlin, in 1890, one of 1,579,344; New York, in 1890, one of 1,710,715; Canton one of about 1,600,000, and Peking one of 500,000.—New York Sun.

Use Enameline Stove Polish; no dust, no smell.

TRY GERMEA for breakfast.

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 warn 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. B. ROBT. M. C. 193 Pearl St., N. Y.

SAIL.

The silver surf and yellow sand
Are bright and bluish in morning haze,
The low shore is a narrowing band,
Twixt sky and water, as I gaze.
The air is loud in every sail,
The ship leans, leaning toward the sun,
Wind harmonies and wave hymns fall,
Our flight, and discords there are none.
My heart is filled with surges, all
The curled, cool combers shine and sing,
The slow strong rollers' flow and fall
Is tuned to melodies of spring.
The land behind is sunk, and now
All round the sea the sky rim shines,
The spray spurts upward from the bow
And the masts shout like mountain pines
The long waves quicken, from the flowers
Of dazling foam the spray is blown
Like pollen down the slopes in showers
With sun hues blended with its own.
The sky is cool, the breeze is bright,
The surges sway, the yards bow low,
The sea is vocal with the light,
From crest to clambering crest we go,
—Edward Lucas White in New York Sun.

Expensive Oatmeal.

An elderly gentleman whose habit of overeating at unseasonable hours induced frequent attacks of dyspepsia, went to a large and fashionable southern hotel to spend the month of March, by the advice of the popular physician who ministered to his ailments.

The gentleman was not fond of spending money lavishly under any circumstances, and the expense of the trip weighed upon his mind to such an extent, before his departure from home, that his friends were by no means surprised to see him back again at the end of ten days.

"Did you have a good time down there?" asked an acquaintance who met him on the street a day or two after his return.

"Seems to me you're looking rather poorly."

"Poorly?" groaned the dyspeptic. "You'd better say poor! Thirty dollars for oatmeal gruel! That is what I've had to pay, sir where I've been!"

"What in the world do you mean?" asked the other, much mystified.

"Why, I mean just this," grumbled the sufferer. "The night I got there I ate a fairly good supper, and the next morning I came down with one of my dyspepsia attacks, and I never ate another thing but oatmeal gruel for the six days I was in that place. And they wouldn't take a cent off the bill—not a cent, sir! So I packed my things and started for home. It was the most outrageous experience of my life!" he concluded, turning pale at the very recollection of his wrongs.

"I wanted to ask him if it was good oatmeal at that price," said the friend, telling the story afterward to his wife, "but I didn't quite dare!"—Youth's Companion.

Women at Halls.

"What do I think of the position of women in society?" said the debutante. "Why it is just perfectly horrid! I should love to go to balls and dances if it were not for the dreadful incubus of finding partners for the german, or for supper, and for the miserable fear of being 'left out.' As for the men, they need not flatter themselves that being in a manner lords of the situation adds to their attractions. It makes the girls just look upon them as 'things' to dance with, and one is as good as another. And as for any natural conversation, it simply paralyzes it. How quite too ridiculous it is for girls of our age to be so abjectly helpless! Why, the other night Adele L.—and I were taken down to supper at the Patriarchs' and were deposited together at a table."

"After our escorts, who were oldish sort of men, had seen that our plates were filled, they disappeared and never came back at all. Every one left to go up stairs and we were left in the lurch. We were wretchedly uncomfortable, but we actually did not dare to go up the short flight of steps and enter the ballroom alone. Finally that dear, sweet Miss B.—saw our embarrassment and came over to us with her partner, and under theegis of his masculine protection we crept rather consciously up stairs."—New York Tribune.

The Gillyflower Apple.

An old favorite in the apple line was the little Gillyflower. This and the Tallman Sweet were the prime favorites thirty years ago. Their names are seldom heard now.

The Gillyflower was a small, dark red apple, shaped much like the sheepsfoot of the present day. Its coat was smooth, and when polished would cast reflections like a mirror. The flesh was quite sweet, but it was very dry, for which reason it was not so satisfying as a pippin. It would crumble into flour under slight pressure, and it was therefore impossible to safely ship the apples to distant points.—New York Evening Sun.

Musical Item.

The other evening at a concert a long haired pianist was punishing the instrument with epileptic gestures, and evolving what was supposed to be descriptive music.

An old lady went into ecstasies of admiration.

"How fine!" she exclaimed. "One can hear the roar of the cannon; the town has been taken by assault; they are fighting in the streets; the soldiers are already giving themselves up to pillage—the!"

"Oh," sighed a neighbor, "if the soldiers could only carry off the piano!"—Texas Sittings.

A Definition of Fame.

A few days ago a well known congressman defined a statesman to be a successful politician—who is dead. Yesterday a Boston man telegraphed him this terse inquiry:

"Why don't you die?"

"Not yet," replied the congressman. "Fame is the last infirmity of noble minds."—Washington Post.

Varnished Shoes.

Varnished shoes, so says a fashionable shoemaker, are not ladylike, and will never be really fashionable. And he adds that women who dress their feet well are using shoes half a size too long for them, so that the long, narrow effect may be produced.—Ladies' Home Journal.

Thoreau was once able to boast that he had on his shelves a library of several hundred volumes, the greater part of which he had written himself. His publishers could not dispose of the first edition of his first book, and thinking it useless to keep the volume longer had sent them to their author.

From the experiments of Mr. Tesla it seems that high tension alternating currents cease to be dangerous when the frequency is great enough to make the work done at each alternation exceedingly minute.

The largest animal known is the orca, which is 100 feet in length; the smallest is the twilight moad, which is only the twelve-thousandth of an inch.

FASCINATION.

Why so Many Ladies Who Should be Attractive Fail to Please—A Brilliant Woman Reveals the Secret.

[Ladies' Home.]
"Dress is everything."
"Is it? Some beautiful women cannot be improved by a dress, no matter how artistic it may be made."
The speakers were two lady reporters for society papers. They had attended balls, receptions and parties for years. They had studied the effects of costumes, the lines of beauty, and had faithfully written upon them in the papers they represented. They were masters in their art and yet they differed.
"You cannot prove your assertion by any lady of high standing and authority."
"I can," replied her companion.
"Within two days I will show you an interview with the leading woman on dress of America." And the two friends parted.
Last Wednesday they met at the same place, when, producing a neatly written manuscript, the lady read the following remarkable interview:
"Mrs. Annie Jenness-Miller is the acknowledged authority in America upon the subject of dress. An attractive woman herself, she knows how to render other women attractive in the highest degree. I sought an interview; it was granted, and I give you the results:
"Do you think, Mrs. Miller, that women are made more attractive by their dress?"
"That depends upon what you mean by attractive."
"Pleasing, fascinating if you choose—more charming to men and other women."
"A simply beautiful woman is seldom attractive; a stupid one never. It is the soul, the life, the brilliancy, which render women attractive."
"I'll admit that, but what makes women brilliant?"
"Vivacity, brightness and good health. Did you ever see a sickly woman able to entertain a dinner party of bright people? On the other hand, did you ever know a cultivated and refined woman, overflowing with animal life and spirits, who was not fascinating?"
"So you believe perfect health is the secret of fascination, do you?"
"Most certainly. Artistic dressing is proper, fine curves attractive, but life, such as comes from healthy throbbing blood, is alone fascinating. It is a great mistake, however, to think that health is preserved by dress alone. Women must have proper food, freedom from care, and a good friend in need."
"What do you mean by that?"
"Some assistance physically. All women feel depressed at times, and all pleasure seems gone out of life. On all such occasions, and indeed whenever blue or worn out, she needs help. I know, because I have been in that condition myself."
"And what do you do when in that condition?"
"One thing, and one thing only. I am assisted by the best friend that any woman ever had. It is Warner's Safe Cure. I mean it, and I have good reason to speak as I do. You think I am a perfectly healthy woman; so I am, but I take several bottles of this great cure every season just as I take additional care in the selection of tonic-giving food. As you know, there are certain times when every woman needs assistance. At such times, and before such times, there is, so far as I know, but one thing that can help, and that is the great cure I have named."
"I bade Mrs. Miller a reluctant goodbye, for I felt that I had met a woman who knew women, what their trials and troubles were, and what they required."

What Intermittency Means.

Intermittency is that form of irregularity in which the pulse appears to drop a beat occasionally. In some instances it occurs regularly and two or three times per minute for several hours; sometimes, also, it is very irregular, and is noted a number of times within a few seconds and not again for a minute or more. This peculiarity generally causes much uneasiness, yet, while it may be a very serious symptom and associated with grave and incurable disease of the heart, it often signifies merely a functional disturbance which is in no wise dangerous.—Hall's Journal of Health.

Ancient History.

Abra-cax was another of those old fashioned gods who would look funny in this day. The Persians had an idea that he was the supreme being No. 1, but the Greeks who used to job lot the gods, marked him down to No. 365. Under either system he got into the 400. He was very good, and had the most complete collection of virtues in the universe. The precise date of his death is not known, but the presumption is that he died young.

TOWER'S IMPROVED Slicker

is the only Absolutely Water Proof Coat!

Guaranteed NOT to Peel, Break or Stick to Leak at the Seams.

There are two ways you can tell the genuine Slicker: the Fish Brand trade mark and a Soft Wood Collar.

Get it at TOWER'S, Boston, Mass. Our Slicker Brand is better than any water-proof coat made except the Fish Brand.

CONSUMPTION.

I have a positive remedy for the worst 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 a free, with a VALUABLE TREATISE on this disease to any sufferer who will send me their Express and P. O. Address.

T. A. STICOM, M. C., 183 Pearl St., N. Y.

If you have Malaria, Piles, Sick Headaches, Dizziness, Bowels, Urinary, Gravel, or if your food does not assimilate.

Tutt's Tiny Pills will cure these troubles. Price, 25c. 40c. 50c. 75c. 1.00. 1.50. 2.00. 2.50. 3.00. 3.50. 4.00. 4.50. 5.00. 5.50. 6.00. 6.50. 7.00. 7.50. 8.00. 8.50. 9.00. 9.50. 10.00.

Price, 25c. 40c. 50c. 75c. 1.00. 1.50. 2.00. 2.50. 3.00. 3.50. 4.00. 4.50. 5.00. 5.50. 6.00. 6.50. 7.00. 7.50. 8.00. 8.50. 9.00. 9.50. 10.00.

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