

# 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 unbiased 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. M. G. Luskien, M.D.*  
*Henry, W. G. Luskien, M.D.*  
*J. J. Luskien, M.D.*

STATE OF OHIO, CITY OF TOLEDO, ss.  
LEWIS COUNTY.  
FRANK J. CHENEY makes oath that he is the senior partner of the firm of F. J. CHENEY & CO., doing business in the city of Toledo, county and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of catarrh that cannot be cured by the use of HALL'S CATARRH CURE.  
FRANK J. CHENEY,  
Notary Public.  
Sworn to before me and subscribed in my presence this 5th day of December, A. D. 1896.  
A. W. GLEASON,  
Notary Public.  
Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surface of the system. Send for testimonials, free.  
F. J. CHENEY & CO., Toledo, O.  
Sold by druggists; 75 cents.

### THREE TROUBLES.

3 Three things which all workingmen know give the most trouble in their hard-strain work are: Sprains, Bruises and Soreness.

### THREE AFFLICTIONS.

3 Three supreme afflictions, which all the world knows afflict mankind the most with Aches and Pains are: Rheumatism, Neuralgia and Lumbago.

### THREE THINGS.

3 to do are simply these: Buy it, try it and promptly and permanently cured by the use of



### ROLLER SKATES



A full stock of Raymond Extension Roller Skates constantly on hand.  
**Fire Arms, Fishing Tackle**  
—AND—  
**Sporting Goods of Every Description**  
**H. T. HUDSON,**  
93 First Street, PORTLAND, OR.  
Send 5 cents in stamps for new 112-page illustrated catalogue.

**No Trees** of 1st quality can ever be sent by mail. Mayhap you know it. By freight, prepaid if preferred, we ship safely 4, 5 or 6 ft. trees; 2-yr. Roses of rare excellence, everything! You actually pay less than for the puny stuff, 1.0-0 acres Nurseries, 20,000 acres Orchards. Exact information a bout trees and fruits. Stark Bros., Louisiana, Mo.

**St. Jacobs Oil** is the best remedy for all the rheumatic discharges and private diseases of men, a certain cure for the debilitating weakness peculiar to women.  
I prescribe it and feel safe in recommending it to all sufferers.  
C. A. STONER, M.D., Doctor, 121 Broadway, N. Y. City.  
Bottle by Druggists, 25c.

**Watches**  
THE BEST AT THE LEAST PRICE.  
Write for full particulars to  
FELDENHEIMER,  
Leading Jeweler of the Pacific Northwest, Portland, Oregon.

### What American Painters Earn.

Less than twenty years ago a member of the National Academy of Design declared that he knew positively that there were but ten artists in New York who were making as much as \$5,000 a year by their art. Times have changed. We hear a good deal about the craze for foreign pictures and the neglect of native painters, but all the same there are not a few of the natives who are making a good living, and by the sale of their pictures too.  
Several are reputed to make \$25,000 a year, and a good many live at a rate of at least \$10,000 without falling into debt—belonging to clubs, owning country houses and yachts, paying exorbitant rents for studios and furnishing them with splendor. Some of the best paying commissions that local painters receive are those for panels, ceilings and other decorative work for New York houses.  
—New York Sun.

### In Jefferson county, Wis., there is a well that widens into a subterranean lake of unknown depth and dimensions.

### RUPTURE AND PILES CURED.

We positively cure rupture, piles and all rectal diseases without pain or detention from business. No cure, no pay. Also all Prostate diseases. Address for pamphlet, Drs. Porter & Loefer, 888 Market street, San Francisco.

Rudyard Kipling has added to his art of story-writing the art of rapping paragon in a tea spoon on a old night after the fire in the stove has died out.

Our readers will serve themselves by noticing the remarkable offerings advertised in another column by the Sherwood Hall Nursery Co. of Menlo Park and San Francisco, who are leaders on the coast in furnishing everything for the farm and garden.

Mother (five-year-old Katie)—Come, my dear, give our little cousin Johnny a kiss. Katie—'I'd rather not, mamma; you see, he might consider himself compromised.

Why continue the use of remedies that only relieve when Ely's Cream Balm, pleasant of application and a sure cure for catarrh and cold in head, can be had.

I had a severe attack of catarrh, and became so deaf I could not hear common conversation. I suffered terribly from roaring in my head. I procured a bottle of Ely's Cream Balm, and in three weeks could hear as well as ever, and now I can say to all who are afflicted with the worst form of catarrh, take Ely's Cream Balm and be cured. It is worth \$1,000 to any man, woman or child suffering from catarrh.—A. E. Newman, Grayling, Mich.  
Apply Balm into each nostril. It is quickly absorbed. Gives relief at once. Price, 50 cents at druggists' or by mail, ELY BROTHERS, 56 Warren street, New York.

TRY GREENIA for breakfast.

### GET your garden ready and GET

The Timothy Hopkins Collection of Sweet Peas

Containing twenty-one distinct varieties—a large packet of each—for \$1.50, or a packet of the same varieties, mixed, for 10 cents.

- 12 Carnations (distinct varieties) \$1.00
- 12 Chrysanthemums (distinct varieties) \$1.00
- 12 Pelargoniums (distinct varieties) \$1.00
- 12 Roses (distinct varieties) \$1.00

All strong, healthy, pot-grown plants, free by mail. Twenty-five choice varieties, your own selection, for \$1.00.

**Flower Seeds—Vegetable Seeds**  
With either of above collections, our handsomely illustrated 100-page catalogue is sent free. This is admitted to be a work of art, and contains a reproduction, in natural colors, of the twenty-one varieties now universally recognized as The Timothy Hopkins Collection of Sweet Peas.

**SHERWOOD HALL NURSERY CO.**  
SAN FRANCISCO, CAL.  
P. O. No. 482—S. F. N. U. No. 559.

### THE BRAVE OLD CEDARS.

The banners of autumn are waving bright  
From tower and hill and mountain,  
Her cohorts and phalanxes gleam with light,  
By shining river and fountain;  
Her armies are standing in dress parade,  
Equipped with a martial splendor,  
But the gallant old cedars are undismayed,  
They die, but never surrender.

The maples, in close serried ranks, uphold  
Their standards of red and yellow,  
The orchard is burning in crimson and gold,  
The meadows are ripe and mellow;  
The sunset poplar and sycamore  
Give welcome to every newcomer,  
And doff the brave colors which once they wore  
In honor of sweet, green summer.

But the cedars lift boldly their rugged arms,  
The favors of autumn scorning,  
And keep their green bravery, though the alarms  
Of early winter give warning,  
So loyal and true, so valiant and strong,  
The snows and the tempests daring,  
The gallant old cedars, a whole life long,  
The same old standard are bearing.  
—Zitella Cooke in Youth's Companion.

### Language of Fowls.

Very tame hens often show a desire to talk to you, and it is usually possible to understand their meaning. Once a Cochin, whose years and breeding entitled her to a separate perch, came and stood in front of me, looked me full in the face and complained loudly of something I could not translate further. Patient investigation revealed that one end of her perch had slipped down, and Mrs. Buff had no idea of sleeping on an inclined plane. Another time a nervous little Leghorn met me at the henhouse door fairly screaming and jumping with excitement. I understood, from the cackle which flushed each sentence, that she had been disturbed on her nest. I did not wonder at her new powers of speech when I found the nest occupied by my cat and three small kittens.

When the chickens first begin to move in the egg, just before hatching, the mother hen sings to them a low, crooning song, very sweet and never heard at any other time. A friend tells me that her canary startled her one day by an entirely new call. It was so plainly "Come here, quick!" that she hurried to the cage to find an enormous cat, with face pressed against the window pane, staring in at poor Ned—a danger sufficiently great to account for the new call.

There are but two ways by which one can hear animals converse. One is by listening to them when they are not aware of your presence, always a difficult feat. The other is by winning their entire love and confidence.—Coleman's Rural World.

### Savage Women.

All investigations among savage tribes, where women are engaged in active outdoor life, show that their strength and endurance are equal to those of men. Usually the drudgery and hard work come upon the women.

Dr. O. G. Given, physician to the Indian school at Carlisle, says: "The men, as a rule, are not as well developed physically as the women, and are the drones of the Indian camp, while the women are the working bees." The American squaws are said to be "second only to the ponies in the size of their loads and in the distance they can carry them."

Dr. Keegan says: "Among savage tribes the women do most of the hard work. The Mexican woman cultivates the ground, cares for the household, cooks the meals and makes the clothing for her lazy lord, rears the children, and when moving days comes trudges off with all her household goods upon her shoulders and the younger members of her family on top of all. Stanley says that the strongest and most enduring porters he found in Africa were women."

"In Germany the peasant woman toils beside her husband in laborious employments, and appears to be as healthy as though she were a man. In France I found it a common thing to see a line of men digging a trench for a water pipe and a woman at the lead of the line breaking ground."—Dress.

### Lack of American Country Homes.

What American families have not yet achieved any great extent, and the conditions of American life seem not to encourage, are real country homes, from which the dwellers shall go to town for the winter, and where their principal ties and their more serious expenditures shall remain. Until very lately the city house has been the rich American's real home. When men who have retired from business make their homes in the country, when people who now live in town for pleasure learn to spend three months in town and nine in the country, instead of vice-versa; when state roads and electric railroads make the country more accessible, and the expenditure in the country of money made in town makes the rural districts more interesting, when a lifetime spent in money getting in Wall street or "The Swamp" ceases to be considered "successful," there will be less difficulty than there is just now in providing that the city man's grandson may have such a share of real country life that his grandson, when it comes his turn to come to town may have something worth fetching.—Scribner's.

### The Virtues of a Turkish Bath Brush.

Everybody can't have a Pompeian bath-room, nor an accomplished maid, nor a perfumed bag containing the most exquisite preparation of soap to use as a wash-rag, but everybody can have a Turkish bath brush, and that is more important than either. The face itself is generally greatly helped by a very gentle brushing, using at the same time good and pure soap. The face ought to be washed with it at least several times a week. There are skin so thin—not necessarily good—that they cannot stand brushing, but don't presume yours is one of that kind till you know it. The chances are that it will help it 50 per cent. All those ugly roughnesses you sometimes see on girls' arms and shoulders will almost invariably disappear by brushing. The amount and force of it should be regulated by each person according to her own experience.—Herald of Health.

### Grading Society.

Dodge City has only three grades of society, according to a recent arrival from the west. The first, or "aristocracy," is composed of those who put out their washing. The "middle class" does its own washing, and the "lowest class" is that which takes in washing. This is the most simple and complete distinction yet known, only it leaves one large class unaccounted for—those who think washing an unnecessary luxury.—Boston Post.

### Unmoved by the News.

Weary Raggies (reading from a news paper he has picked up)—The new thousand dollar gold notes are badly printed on inferior paper.

Tattered Tomkins—Is that so? It's o' d I haven't noticed it.—Puck.

### NATURE'S SUREST ALLY.

If nature did not struggle against disease, even in weakly constitutions, still indeed would be the course of a speedy to its fatal termination. While nature thus struggles for us, it is worse to fail, and her efforts with judicious medicinal help. Experience must be our guide in battles with disease, and that "lamp to our feet" indicates how ether's stomach Bitters as a safe, tried and thorough ally of nature. If the blood be impure with bile, if the bowels and stomach are inactive, if the kidneys fail to expel impurities of which they are the natural outlet, a course of the Bitters, the surest remedy for the sufferer, one, moreover, that is sanctioned by professional indorsement and use for nearly half a century. No American or foreign remedy has earned greater distinction as a remedy for and preventive of chronic liver complaint, malaria, constipation, kidney and rheumatic trouble and debility.

Spring is coming,  
All are glad,  
Hospitals with it,  
Men are sad.

### SAFE, SURE AND SPEEDY.

No external remedy ever yet devised has so fully and unquestionably met these three prime conditions as successfully as ALL-COCK'S POROUS PLASTERS. They are safe because they contain no deleterious drugs and are manufactured upon scientific principles of medicine. They are sure because nothing goes into them except their ingredients which are exactly adapted to the purposes for which a plaster is required. They are speedy in their action because their medicinal qualities go right to their work of relieving pain and restoring the natural and healthy performance of the functions of muscles, nerves and skin. Do not be deceived by misrepresentation. Ask for ALL-COCK'S, an let no solicitation or explanation induce you to accept a substitute.

"That young teacher we heard to-day was a fine pupil orator, wasn't he?" "Yes, if he could only control his voice. He woke me twice during the sermon."

BRONCHITIS.—Sudden changes of the weather cause bronchial troubles. "Remedy Bronchial Troubles" will give relief. Sold only in boxes. Price, 25 cents.

Little Dot.—Mamma says 'er cat is full of 'er tri its. Little Dick.—Of course. Put your ear down on 'er an' you can hear the trolley.

Use Enameline Stove Polish: no dust, no smell.

### Three Children Poisoned

By Impure Vaccination—Covered with Sores

### How Their Lives Were Saved.



Mrs. James Throver  
San Jose, Cal.

"When we were living in Chico, Cal., my three children, respectively 5, 7 and 10 years of age, were all in good health until they were vaccinated in January, and after that none of them were well for months. They were all blood poisoned by impure matter used in vaccination. In August I began giving them Hood's Sarsaparilla. They were covered with sores from head to foot.

### Hood's Sarsaparilla Cures

became natural, they slept well and commenced to gain in flesh. They have not had a sick day since. My children are more robust and healthy." Mrs. JAMES THROVER, San Jose, California.

HOOD'S PILLS cure Constipation by restoring the peristaltic action of the alimentary canal.

### "German Syrup"

Just a bad cold, and a hacking cough. We all suffer that way sometimes. How to get rid of them is the study. Listen—"I am a Ranchman and Stock Raiser. My life is rough and exposed. I meet all weathers in the Colorado mountains. I sometimes take colds. Often they are severe. I have used German Syrup five years for these. A few doses will cure them at any stage. The last one I had was stopped in 24 hours. It is infallible." James A. Lee, Jefferson, Col.

### A Powerful Flesh Maker.

A process that kills the taste of cod-liver oil has done good service—but the process that both kills the taste and effects partial digestion has done much more.

### Scott's Emulsion

stands alone in the field of fat-foods. It is easy of assimilation because partially digested before taken. Scott's Emulsion checks Consumption and all other wasting diseases.

Prepared by Scott & Bown, Chemists,  
New York. Sold by druggists everywhere.



Then, after they're taken, instead of disturbing and shocking the system, they act in a mild, easy, and natural way. There's no chance for any reaction afterward. Their help lasts. Constipation, Indigestion, Bilious Attacks, Sick or Bilious Headaches, and all derangements of the liver, stomach, and bowels are promptly relieved and permanently cured.

They're put up in glass vials, which keeps them always fresh and reliable, unlike the ordinary pills in wooden or pasteboard boxes.

And they're the cheapest pills you can buy, for they're guaranteed to give satisfaction, or your money is returned. You pay only for the good you get.



This Trade Mark is on the best  
**WATERPROOF COAT**  
in the World!  
Illustrated Catalogue Free. A. J. TOWER, BOSTON, MASS.



The Sower  
Ferry's Seed Annual, for 1896, contains all the latest and best information about seed sowing and gardening. It is a recognized authority. Every planter should have a copy. Sent free in request. D. M. FERRY & CO., Detroit, Mich.



HUMANE, STRONG, CHEAPER THAN BARB WIRE, VISIBLE, ORNAMENTAL.  
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's Steel Pocket Lawn Fence, Trees and Flower Guards, Flexible Wire Mats, etc. Always mention this paper.  
Hartman Mfg. Co., Beaver Falls, Pa. T. D. GANSE, Gen. Western Sales Agt., 509 State St. Chicago.  
David M. Clarkson Jr., Portland Or. Holly, Mason, Marks & Co., Spokane Falls, Wash.

### Justice to All.

It is now apparent to the Directors of the World's Columbian Exposition that millions of people will be denied the pleasure of becoming the possessors of

### World's Fair Souvenir Coins

The Official Souvenir of the Great Exposition—

The extraordinary and growing demand for these Coins, and the desire on the part of the Directors that equal opportunities may be afforded for their purchase, have made it necessary to enlarge the channels of distribution. To relieve themselves of some responsibility, the Directors have invited

### THE MERCHANTS

Throughout the Nation to unite with the Banks in placing Columbian Half-Dollars on sale. This is done that the masses of the people, and those living at remote points, may be afforded the best possible opportunity to obtain the Coins.

### THE FORTUNATE POSSESSORS

of SOUVENIR COINS will be those who are earliest in seizing upon these new advantages.

### \$10,000 Was Paid For The First Coin

They are all alike, the issue is limited, and time must enhance their value. The price is One Dollar each.

### HOW TO GET THE COINS:

Go to your nearest merchant or banker, as they are likely to have them. If you cannot procure them in this way, send direct to us, ordering not less than Five Coins, and remitting One Dollar for each Coin ordered.

### Treasurer World's Columbian Exposition, Chicago, Ill.

**MOORE'S 'REVEALED' REMEDY CURES Rheumatism.**  
ANTHOL, OREGON, JANUARY 30  
I can state with pleasure that by the use of MOORE'S REVEALED REMEDY my husband was relieved from an old case of RHEUMATISM and my youngest boy cured entirely of INFLAMMATORY RHEUMATISM when the doctor I consulted could get him no good. Yours in gratitude,  
MRS. N. V. STEELE.

"IT IS IGNORANCE THAT WASTES EFFORT." TRAINED SERVANTS USE



**SAPOLIO**  
Simonds Crescent Ground Cross Cuts, And All Kinds of MILL SAWS. Also Saw Repairing.  
SIMONDS SAW CO., 75 Front Street, Portland, Or.