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.

> IOS. R. DAVIDSON, M. D. HENRY M. FISKE, M. D. CHAS. MCQUESTEN, M. D. T. J. LETOURNEX, M. D.

Members San Francisco Board of Health.

Just Cause.

33.5

"Wodjer black Joey's heye fur arter he'd denied as he'd said thru things about yer?" "Denied it? Not 'and Why, I ses to 'im. 'Joerge ses you've bin corling me a blackleg.' And he up and ses, 'I re-pudiate the statement.' And then 1 blacks 'is eye. I might ha' stood the tove's sayin of it once-but w'en he goes an re-pudiates it!"-



Had a Long Beard and Despised Dectors. Matthew Robinson (Lord Rokeby) a prominent but eccentric English man of the last century, became famous for his long beard and his pronounced hatrod of medical practitioners. In regard to the former it is said that upon one occasion when going to an election he stopped at an inn where the country people, who

this mistaken idea almost worried "me lord" to death.

lic.

THE DOOR TO THE HOUSE.

There were idle thoughts came in the door And warmed their little toes, And did more mischief about the house Than any one living knows.

They scratched the tables and broke the chairs And solled the floor and wall, For a motio was written above the door, "There's a welcome here for all."

When the master saw the mischlef done He closed it with hope and fear. And he wrote above instead, "Let none Save good thoughts enter here."

And the good little throughts came trooping in When he drove the others out. They cleaned the walls and they swept the floor, And sang as they moved about.

And last of all an angel came

With wings and a shining face

And above the door he wrote, "Here lave Has found a dwelling place." -Katherine Pyle in Harper's Young People.

Printers' Pecultarities.

A printer may have a bank and quoins and never be worth a cent; have caps and small caps and have neither wife nor children. Others may run, but he gets along faster by setting. He may make impressions without eloquence and still tell the truth. Though others cannot stand and set he can set standing and do both at the same time; may use furniture and have no dwelling; may make and put away pi, yet never see or eat pie. A human being he may be and a rat at the same time; may handle a shooting iron, yet know aught of a gun, cannon or pistol. He may lay his form on the bed, yet be compelled to sleep on the floor; may use a dagger without shedding blood; from earth may handle stars, and he may have a sheep's foot and never be deformed.-Chicago Inter Ocean.

Taking Off the Bat.

If a man is not in the habit of taking off his hat to any woman certainly no individual woman can feel affronted at the omission. But there are times when a woman has reason to feel indignant-for instance, when a young man is more punctilious in lifting his hat when observers are around than he is when no one is in

The inference is that he is being polite for the benefit of other people and not out of respect for the woman he meets. It is usually this same young man who sometimes forgets to lift his hat to his women friends when they happen to be in rainy day costume. Good clothes are evidently at a premium with him.-Manchester Union.

The Greek Year. The Greek year consisted of three seasons only. Prometheus enumerates them. "They had no sign," says he, "of winter, of flowery spring, of fruitful summer." In ancient Germany a similar division of the year rought me the release from nain and

Banana Fiber.

them in London, and have continued using them since I came to this country in 1836. 1 am now over seventy-live years old, hale and hearty, and attribute my wonderful health to the persistent use of BRANDARTH's PULS. Occasionally I have a bad cold or pevere attack of rheumatism, indigestion or biliousness, but four or five desces of BRANDETU's Pills always cure me. When-ever my children have been sick with scarlet fever, measles, add stomach, disordered digestion or cost veness, a few doses of BRANDERTH'S PILLS restored their health at once.

De Shrewde-1 natured six straight winners estorday. Softmark (excitedly)-How'd yeu o (17 De Shrowde (calmiy)-Waited until after he races were over.

RUPTURE AND PILES CURED.

We postil rely dure cupince, pilos and all rec-tal discussion without pain or defaution from busi-nosis. No cure, no pay. Also all Provide dis-enses. Address for paraphlet Drs. Porterdeld de Losey, sits Market struct, den Frandsco. A Dresden paper prefends to have discovered that Fadernewski bui't his same at all. What if he should turn out to be one of the sutherland brothers!

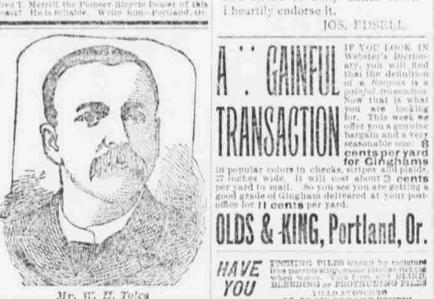
DEAFNESS CANNOT BE CUKED.

By local applications, as they cannot reach the diseased portion of the car. There is only one way to corre dealness, and that is by constitu-fornal remedies. Dealness is caused by an in-famed condition of the muonus liming of the enstachian take. When this tube gets inflamed you have a running sound or imperfact hear-ing, and when it is entirely chosed dealness is the result, and unless the inflammation can be below out and this tube reacored to first normal wheth is unless while desired for every sume cases out of ten are caused by estauch, which is working but an inflamed condition of the muccus surfaces.

c mutous surfaces. We will give the Hundred Dollars for any and declares transmitty estartial that cannot

ave of dealages (cancel by entarrh) that cannot be cured by Hall's Catarrh Cure. Send for cir-ulars, ires. F. J. CHENEY & CO., 20 - Sold by druggists; 75 cents.

WEO DOESN'T RNOW



COMPLETELY UPROOTED.

 Banana Fiber.
 COMPLETELY UPROOTED.

 Manilla rope is made in the Pkillppine islands of the stem of the banana. This stalk, which usually grows to be six inches in diameter and from fifteen to twenty feet high, has a very valuable fiber from which are woven beaužful textile fabrics. Many of the fibert ludia shawls and wrappers woru by the ladies of fashion are manu-factured from this fabric. So, too, an ex-cellent article of paper is made from it.-Goldthwalte's Geographical Magazins.
 If ever, disloyed built be officient of the symptoms and lose their hold upon the system. They are mark allowed by the ordinary re-sources of medicine, sithough their symptoms over fifty-five years ago. I first bought them in Lendon, and have continued using
 COMPLETELY UPROOTED.

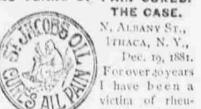
The victim of the bent pin knows well when It is springtime.

TRY GERMEA for breakfast.

Use Enameline Stove Pollah; no dust, no small

Pfunder's Oregon Blood Purifier i

NOTHING LIKE IT. 40 YEARS OF PAIN CURED.



matism. I was persuaded to try St. Jacobs Oil, 1 have used two bottles, and a man more free from rheumatism never walked our streets. My limbs that were once stiff and lame, are now as

light and limber as in my youth. JOS. EDSELL. AFTER FIVE YEARS.

ITHACA, N. Y., July 5, 1887. Suffered many years-injury to hip resulting in rheumatism, muscular weakness and contracted cords. Two bottles of St. Jacobs Oil relieved me so that I now walk about and attend to daily duties at 62. I heartily endorse it.



YOUNG MENT The Specific A No. i. Cores, without fall, all cause of free moreexting etsi

ROOT AND BRANCH

the polson in your blood, however it may have come or whatever shape it may be taking, is cleared away

by Dr. Pierce's Golden Medical Disevery organ into healthful action,

purifies and enriches the blood, and

ings, are perfectly and permanently cured by it.

Unlike the ordinary Spring med-icines or sarsaparillas, the " Discov-

ary" works equally well at all seas ons. All the year round and in all cases, it is *guaranteed*, as no other blood medicine is. If it ever fails

to benefit or cure, you have your money back. You pay only for the

Isn't it safe to say that no other

If it were, wouldn't it be sold so r

DR. GUNN'S

IMPROVED

A MILD PHYSIC

blood purifier can be "just ?

ONE PILL FOR A DOSE.

ONE Place bowels such day is uncessary for the These pills supply what the ystem laying to call regular. They care Handhache, brighten the call regular. The Complexion petter that can

good you get.

good 1

through it cleanses and invigorates the whole system. Ealt-rheum, Tet-

90.

飘

tor, Eczena, Erysipelas, Bolls, Car-buncles, Enlarged Giands, and the worst Scrofulous Sores and Swell-

One of Whittier's Letters. Elizabeth Stuart Phelps, in a paper on Whittier in The Century, quotes the following extract among others from the poet's letters to her: Thus far the summer has not

sight

had assembled from miles around, dollar for took him for a Turk, and through

His dislike for physicians was carried to such an extreme that he left a codicil to his will which was to the effect that a favorite nephew was to be disinherited should he (the nephew) in the last illness of the lord let his sympathics cause him to send for a doctor. This having been made known to the nephew when his uncle, the lord, was in good health, it is needless to add he allowed that person's spirit to take its flight without calling in any of the "infernal surgical fraternity."-St. Louis Repub-

An Aeronaut's Terrible Experience.

not having "blowed it."

day, Smyth?"

charge for anything."

"Where was this ideal spot?"

The Queen's Verses.

"At home."-Exchange.



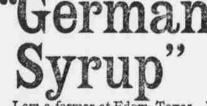
130 Front Street.

Portland, Or. P. O. Box 640. They all Testify barren of results! I have been reading Samuel Johnson's "Oriental Re-To the Efficacy ligions"-the last big volume upon of the Chinese ethics and faith, if faith it World-Renowned can be called. 1 am more and more Swift's astonished that such a man as Confucius could have made his appear-Specific. ance amid the dull and heavy commonplaceness of his people. No old-time simple thedy from the Georgia swamps and fields has ne forth to the antipodes. astonishing the skeptical and conforming the theories of those who depend solely on the physician's skill. There is no blood taint which it does not immediately though a much smaller man.

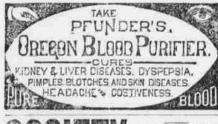
eradicate. Poisons outwardly absorbed or the result of vile diseases from within all yield to this potent but simple remedy. It is an unequalled tonic, builds up the old and feeble, cures all diseases arising from impure blood or weakened vitality. Bend for a treatise. Examine the proof.

Books on "Blood and Skin Diseases" mailed froe. Druggists Sell It. SWIFT SPECIFIC CO.,

Drawer 2, Atlanta, Ga.



I am a farmer at Edom, Texas. I have used German Syrup for six years successfully for Sore Throat, Coughs, Colds, Hoarseness, Pains in Chest and Lungs and Spitting-up of Blood. I have tried many kinds of Cough Syrups in my time, but let me say to anyone wanting such a medicine-German Syrup is the best. We are subject to so many sudden weather here, but in families where German Syrup is used there is little trouble from colds. John F. Jones.





\$75.00 to \$250.00 can be made monthly working for B. F. JOHNSON & CO., RICHMOND, VA. Pino's Remedy for Catarri is the Best, Easiest to Use, and Cheapest.



N. P. N. U. No. 496-S. F. N. U. No. 573 some humbler folk of having it mire him.

prevailed, for Tacitus makes the weakness which I expected. I am caustic remark that among the Geronly comfortable when body and mans winter, spring and summer mind are idle. Time passes so swiftly, have a meaning and a name, but to there is so much I want to say and that people the name and blessings do, and this enforced leisure is so of autumn are alike unknown.

> It is not likely, then, that our Sax on forefathers were acquainted with the last named season, and our very term autumn is an echo of the Roman tongue. -- Gentleman's Magazine.

Laborers of the Andes.

The majority of the laborers in the wiser soul ever spoke of right and mountains of Peru are "Cholos," or duty, but his maxims have no divine Indians born in the Sierra. They sanctions, and his pictures of a per- are found incapable of doing efficient fect society have no perspective open work on the coasts or in the warmer ing to eternity. Our Dr. Franklin altitudes without a long course of was quite of the Confucian order- acclimatization. If gangs of these "Cholos" have for special purposes been taken down suddenly from the Sierra to work at altitudes of from

During the year 1794 Gay-Lussac 2,000 to 5,000 feet, sickness and fever made a balloon ascension alone in have resulted from the change .which he reached a height of 22,000 Nineteenth Century. feet. This ascension was made from

one of the many pleasure resorts of Multiples of Nine and Six. Paris in the heat of summer. When Possibly it was the belief in the he quitted the earth the Fahrenheit supposed influence of nine and six thermometer registered 86 degs, in on men's lives that originally gave the shade; within an hour he was in rise to the custom of granting leases an atmosphere that only showed a for multiples of seven and nine years. pressure of thirteen inches on his Never for an even hundred or barometer, while the thermometer thousand, for fear of the power of marked 18 degs. below zero! The the evil one. Nine, the trinity of the lack of atmospheric pressure caused trinities, is the perfect plural, and is the blood to flow from his eyes, nose, credited with mystic properties. As mouth and ears, and the extreme cold might be supposed, therefore, many gave him a rigor from which he never superstitions are connected with it. fully recovered .- St. Louis Republic |- New York News.

Soldiers and Pocket Handkerchiefs. A cause of spindling growth is a Some years ago pocket handker- lack of air. Plants shut up in the chiefs were not considered a neces house get sensitive and are liable to sary part of a soldier's kit. I myself suffer if there is a sudden fall in temknew a sergeant major who, when perature, but if they are given plenty drilling a squad or battalion, would of fresh air daily, unless the day is changes from cold to hot, damp not permit any man to use one, al very inclement, the plants will though one day he did order a re- thrive and be sturdy. cruit to fall back and blow his nose,

> scolding him at the same time for The term "The Grand Old Man" was first used to designate Mr. Glad-"Please, sir, I did blow it," an- stone by Sir William Harcourt, and swered the man, "but it wouldn't was heard in 1880 upon the return of the Liberals to power.

There are several degrees of arson, good health. but to be in the first degree the offense must be committed at night "Tremendously! Came upon a and the building set on fire must have

> Austin Corbin is said to have about Newport, N. H. Elk predominate. He has over five distinct herds of buffalo.

He is happy whose circumstances suit his temper, but he is more ex-It may not be generally known that cellent who can suit his temper to Queen Victoria once had poetic aspirations and carried them so far as te any circumstances. -Hume,

write a book of verses. She sent this to a publisher under a nom de plume ing for. A successful man is fascinat-Success is the goal we are all strivand had the pleasure well known to ing. We like to know him. We ad-

Mr. W. H. Toles San Francisco, Celi To Prevent Iliness

GOT

-AND-

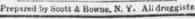
There is Nothing Equal to Hood?

Savsaparilla. "In my opinion, one of the greatest mistakes copie make is to look the door after the loor stolen or in other words, to wait until the are such in bed before they do anything for the poorbody. No ther my wife nor tayaulf were real sick: I attended to my business, and my wife to her hous hold duties daily - But we had full, heavy headaches, and allithe over exertion ould fire as greatly, and my appoilte was very poor. So I bought three bottles of Hood's San aparilla. I took one, and my wife mearly all of le other two, and the result was pulse if satis-retory. The effect was like magne, and i believe feel's Saraparilla saved was severe sectors int a hig decor's bill. If people would only reer that an ounce of prevention is worth

Hood's system Cures world of cure,' there would be less suffering in it world. My dylee to all who are not feeling t is take Hood's Sarsapatila, according to d tions, and you will be well and hepp." W Totes, 145 12th Street, San Francisco, Cal. W. H MOCO'S PHLS cure Constipation by restoring the peristal is action of the alignmentary equal.



Scott's Emulsion arrests the progress of Consumption, Bronchitis, Scrofula, and other wasting diseases by raising a barrier of healthy flesh, strength and nerve.





We have for sale cheap on easy terms: I new S-column folio or 6-column quarto Improved Country Campbell Press. Also 1 new 9-column folio or 6-column quarto Improved Country Campbell Press; both complete. Also I second-hand Country Campbell Press; will print 6-column quarto paper; is guaranteed to be in perfect condition. These presses run easily by hand; will do alt-round work; hand presses or other machinery taken in part payment. If YOU want a bargain,



keep blowed."-Leeds Mercury. An Ideal Place for a Vacation. "Enjoy yourself during your holi-

place where there was no band bang- been inhabited. ing away three times a day; no servants after tips; no complaints when the children yelled and no extra 750 animals in his game preserve at