

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.

JOS. R. DAVIDSON, M. D.
HENRY M. FISKE, M. D.
CHAS. MCQUEEN, M. D.
T. J. LETOURNEN, M. D.

Members San Francisco Board of Health.

Just Cause.
"Wodger black Joe's here for fur arer he'd denied as he'd said them things about yer" "Denied it? Not 'nt! Why, I see to 'im. 'Joerge sees ye've bin curling me a blackleg." And he up and sees, 'T'opudiate the statement.' And then I blacks 'is eye. I might 'ave stood the sove's sayin of it once—but w'en he goes an re-pudiate it!"

Best Shirt
SEND ONE dollar for finest Shirt made. Post prepaid on all orders. Satisfaction guaranteed.
A. B. STEINBACH & CO.,
LARGEST CLOTHING STORE IN PORTLAND, OREGON.
Cor. First and Morrison Streets.
SEND FOR THE BUYERS' GUIDE.
It gives prices on all Groceries and Family Supplies, in large or small lots, at wholesale prices direct to the consumer. Published monthly, and sent free to any address on application. Address

JONES' CASH STORE
130 Front Street, Portland, Or.
P. O. Box 640.

They all Testify
To the Efficacy of the World-Renowned **Swift's Specific.**
The old-time simple remedy from the Georgia swamps and fields has come forth to the antipodes, outstripping the theoretical and confounding the theories of those who depend solely on the physician's skill. There is no blood taint which it does not immediately eradicate. Poisons outwardly absorbed or the result of vile diseases from within all yield to its potent but simple remedy. It is an unexcelled tonic, builds up the old and feeble, cures all diseases arising from impure blood or weakened vitality. Send for a treatise. Examine the proof.

Books on "Blood and Skin Diseases" mailed free. **Druggists Sell It.**
SWIFT SPECIFIC CO.,
Drawer 3, Atlanta, Ga.

"German Syrup"

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 changes from cold to hot, damp weather here, but in families where German Syrup is used there is little trouble from colds. **John F. Jones.**

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

SOCIETY BADGES.
A. FELDENHEIM, ER, Lending Jeweler of the Pacific Northwest, keeps a large stock of all SECRET SOCIETY BADGES on hand. Best goods at lowest figures. Badges made to order.

\$75.00 to \$250.00 can be made monthly working for **B. F. JOHNSON & CO., RICHMOND, VA.**
Plan's Remedy for Catarrh is the Best, Easiest to Use, and Cheapest. **CATARRH**
Sold by druggists or sent by mail. **MR. R. T. HAZELTON, WARREN, PA.**
N. P. N. U. No. 496—S. F. N. U. No. 578

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 soiled the floor and wall.
For a motto was written above the door,
"There's a welcome here for all."

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

And the good little thoughts 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 love
Has found a dwelling place."
—Katherine Fyle in Harper's Young People.

Printers' Peculiarities.

A printer may have a bank and quins 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 nught 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.

Turning Off the Hat.

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 sight.

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 enumerated them. "They had no sign," says he, "of winter, of flowery spring, of fruitful summer." In ancient Germany a similar division of the year prevailed. For Tacitus makes the caustic remark that among the Germans winter, spring and summer have a meaning and a name, but to that people the name and blessings of autumn are alike unknown.

It is not likely, then, that our Saxon 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 mountains of Peru are "Cholos," or Indians born in the Sierra. They are found incapable of doing efficient work on the coasts or in the warmer altitudes without a long course of acclimatization. If gangs of these "Cholos" have for special purposes been taken down suddenly from the Sierra to work at altitudes of from 2,000 to 5,000 feet, sickness and fever have resulted from the change.—Nineteenth Century.

Multiples of Nine and Six.

Possibly it was the belief in the supposed influence of nine and six on men's lives that originally gave rise to the custom of granting leases for multiples of seven and nine years. Never for an even hundred or thousand, for fear of the power of the evil one. Nine, the trinity of the trinites, is the perfect plural, and is credited with mystic properties. As might be supposed, therefore, many superstitions are connected with it.—New York News.

A cause of spindling growth is a lack of air. Plants shut up in the house get sensitive and are liable to suffer if there is a sudden fall in temperature, but if they are given plenty of fresh air daily, unless the day is very inclement, the plants will thrive and be sturdy.

The term "The Grand Old Man" was first used to designate Mr. Gladstone by Sir William Harcourt, and was heard in 1880 upon the return of the Liberals to power.

There are several degrees of arson, but to be in the first degree the offense must be committed at night and the building set on fire must have been inhabited.

Austin Corbin is said to have about 750 animals in his game preserve at 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 excellent who can suit his temper to any circumstances.—Hume.

Success is the goal we are all striving for. A successful man is fascinating. We like to know him. We admire him.

Banana Fiber.

Manilla rope is made in the Philippine islands of the stem of the banana. This stalk, which usually grows to six inches in diameter and from fifteen to twenty feet high, has a very valuable fiber from which are woven beautiful textile fabrics. Many of the finest Indian shawls and wrappers worn by the ladies of fashion are manufactured from this fabric. So, too, an excellent article of paper is made from it.—Goldswater's Geographical Magazine.

HEALTH IN OLD AGE.

Edward Collinson, Queens, N. Y., says: "I commenced using BRASHER'S PILLS over fifty-five years ago. I first bought them in London, and have continued using them since I came to this country in 1836. I am now over seventy-five years old, hale and hearty, and attribute my wonderful health to the persistent use of BRASHER'S PILLS. Occasionally I have a bad cold or severe attack of rheumatism, indigestion or biliousness, but four or five doses of BRASHER'S PILLS always cure me. Whenever my children have been sick with scarlet fever, measles, acid stomach, disordered digestion or costiveness, a few doses of BRASHER'S PILLS restored their health at once."

Dr. Shredde—I named six straight winners yesterday. So there. (Over the top.) How'd you do it? Dr. Shredde (calmly)—Waited until after the races were over.

RUPTURE AND PILES CURED.
We don't only cure ruptures, piles and all other diseases without pain or cutout from business. No cure, no pay. A.S. #1 Private Dispensary. Address for pamphlet: Drs. Partridge & Co., 251 Market Street, San Francisco.

A Dresden paper pretends to have discovered that Palevicki isn't his name at all. What if he should turn out to be one of the Sutherland brothers?

DEAFNESS CANNOT 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 inflammation of the mucous lining of the Eustachian tube. When this tube gets inflamed you have a running or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and the tube restored to its normal condition, hearing will be destroyed forever; one case out of ten are cured by catarrh, which is nothing but an inflamed condition of the mucous membrane.

We will give One Hundred Dollars for any case of deafness caused by catarrh that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.
E. J. CHENEY & CO.,
Toledo, O.

WHO DOESN'T KNOW
Fred T. Merrill, the Pioneer Bicycle Dealer of this Coast. He is reliable. Write him—Portland, Or.



To Prevent Illness
There is Nothing Equal to Hood's Sarsaparilla.

"In my opinion, one of the greatest mistakes people make is to look the door after the horse is stolen, or in other words, to wait until they are sick in bed before they do anything for the poor body. Neither my wife nor myself were real sick; I attended to my business, and my wife to her household duties daily. But we had full, heavy heads, and a little eye exertion would tire us greatly, and my appetite was very poor. So I bought three bottles of Hood's Sarsaparilla. I took one each day, and in five days all of the other two, and the result was perfectly satisfactory. The effort was made, and I believe Hood's Sarsaparilla saved us a severe sickness and a big doctor's bill. If people would only remember that an ounce of prevention is worth a pound of cure, there would be less suffering in the world. My advice is all who are not feeling well to take Hood's Sarsaparilla at once, no directions, and you will be well and happy." W. H. Foley, 145 12th Street, San Francisco, Cal.

Hood's Sarsaparilla Cures
world of cure, there would be less suffering in the world. My advice is all who are not feeling well to take Hood's Sarsaparilla at once, no directions, and you will be well and happy." W. H. Foley, 145 12th Street, San Francisco, Cal.

CURE FOR COUGH SHILOH'S CURE
Cuts, and \$1.00 per bottle. One cent a dose.
This Great Cough Cure promptly cures where all others fail. Coughs, Croup, Sore Throat, Hoarseness, Whooping Cough and Asthma. For Consumption it has no rival. Has cured thousands, and will cure you if used in time. Sold by Druggists on a guarantee. For a Large List of Dealers, send for SHILOH'S BELLADONNA PLASTER, ETC.

SHILOH'S CATARRH REMEDY.
Have you Catarrh? This remedy is guaranteed to cure you. Price, 50cts. Injector free.

Increased Appetite
is one of the first good effects felt by users of Scott's Emulsion of cod liver oil with Hypophosphites. Good appetite begets good health.

Scott's Emulsion
is a fat food that provides its own tonic. Instead of a tax upon appetite and digestion it is a wonderful help to both.

Scott's Emulsion arrests the progress of Consumption, Bronchitis, Scrofula, and other wasting diseases by raising a barrier of healthy flesh, strength and nerve.
Prepared by Scott & Bowne, N. Y. All druggists.

COMPLETELY UPROOTED.

How many remedies there are which merely relieve without uprooting disease. The contrast with starting medicines which such palliatives afford, not only enhances the dignity of the former, but serves to emphasize the folly of employing half-way measures when thorough ones are available. A marked instance of this is the effect, on the one hand, of Hostetter's Stomach Bitters in cases of chill and fever and bilious remittent, and on the other of ordinary remedies in such cases of this type. By the Bitters' material complaint in every stage and of the most malignant type are completely conquered and long their hold upon the system. They are rarely, if ever, dislodged by the ordinary resources of medicine, although their symptoms may unquestionably be mitigated through such means. The same holds good of indigestion, biliousness, kidney complaint, rheumatism, nervousness and debility. By the Bitters they are cured when many remedies fail.

The victim of the bent pin knows well when it is springing.
TRY GERMA FOR BREAKFAST.
Use Enamelled Paste: no dust, no smell.

Pfunder's Oregon Blood Purifier is the best remedy for cleansing your system.

NOTHING LIKE IT.

40 YEARS OF PAIN CURED. THE CASE.
N. ALBANY ST., ITHACA, N. Y., Dec. 19, 1881.
For over 30 years I have been a victim of rheumatism. I was persuaded to try St. Jacobs Oil. I 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. EDELL.

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.
JOS. EDELL.

IF YOU LOOK IN Webster's Dictionary, you will find that the definition of a *straggler* is: "A person who is a useful transaction. Now that is what you are looking for. This week we offer you a genuine bargain and a very reasonable one; 8 cents per yard for **GINGHAMS** in popular colors in checks, stripes and plaid, 27 inches wide. It will cost about 3 cents per yard to mail. So you see you are getting a good grade of Gingham delivered at your post-office for 12 cents per yard.

A GAINFUL TRANSACTION

OLDS & KING, Portland, Or.

HAVE YOU GOT PILES
TRIUMPH PILES treated by nature the best way, when the doctor fails. BLENDING OF PREPARATIONS OF PURE DRUGS.

DR. DO-SAN-KO'S PILE REMEDY, which acts directly on the parts affected, absorbs tumors, kills the worms, and a permanent cure. Price, 50cts. Druggists everywhere. 216 Broadway, Philadelphia, Pa.

MORPHINE HABIT CURED IN 10 TO 20 DAYS, no pay till cured.
DR. J. ST. PHELPS, Lebanon, Ohio.

PRINTERS AND PUBLISHERS
write to PALMER & REY TYPE F'DRY, PORTLAND, OIL.

HOW OUR CUSTOMER LAUGHED \$150 FOR A BICYCLE.
Our customer had one just as good, and he bought it for LESS THAN HALF the price his friend had paid. IF YOU WANT A BICYCLE FOR \$60, buy it direct of the



NORTH PACIFIC CYCLE CO.
Bicycles,
\$7 GOLD DOLLARS FOR 60c. **PORTLAND, TACOMA, SALEM.**

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

RHEUMATISM CURED BY THE USE OF Moore's Revealed Remedy.
ANTONIA, OREGON, January 16.—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 INFANTILE RHEUMATISM when the best doctor I could get did him no good. Yours in gratitude,
MRS. W. V. STELLER.

SOLO BY YOUR DRUGGIST.

A Flood Coming!
So Say Old Timers.
I want to flood the country with good "HIGH-GRADE" BICYCLES.
Have just received 200 Safeties, which I will sell at \$40 discount for cash. Write for Bargain List, or call at my store,
326 Washington Street.
Lessons and Catalogues Free.
Fred T. Merrill,
Pioneer Dealer of the Pacific Coast.

ROOT AND BRANCH,

the poison in your blood, however it may have come or whatever shape it may be taking, is cleared away by Dr. Pierce's Golden Medical Discovery. It's a remedy that rouses every organ into healthful action, purifies and enriches the blood, and through it cleanses and invigorates the whole system. Salt-rheum, Tetter, Eczema, Erysipelas, Boils, Carbuncles, Enlarged Glands, and the worst Herpetic Sores and Bwells, are perfectly and permanently cured by it.

Unlike the ordinary Spring medicines or sarsaparillas, the "Discovery" works equally well at all seasons. 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 good you get.
Isn't it safe to say that no other blood-purifier can be "just good?"
If it were, wouldn't it be sold so?

DR. GUNN'S IMPROVED LIVER PILLS
A MILD PHYSIC
ONE PILL FOR A DOSE.
A movement of the bowels each day is necessary for health. These pills supply what the system lacks to make it regular. They cure Headache, Irritation of the Eyes and clear the complexion better than any medicine. They act gently on the bowels and act as a cathartic pill. To convince you of their merit, we will mail you free of charge a box for trial, with every bottle.

DROPSY
TREATED FREE.
Positively Cured with Vegetable Remedies. Have cured thousands of cases. Cure cases un-announced by best physicians. From these cases symptoms disappear in ten days at least (two-third of symptoms removed). For free book containing full particulars, send 2c. to Dr. J. C. Williams, 1001 Broadway, New York, N. Y.

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Best in the World! Got the Genuine! Sold Everywhere!
FRANK WOODSLEY, Agent, Portland, Or.
MON. BIDS, \$6.00. Fine Bedding, Hair Mattresses, Floor Mattresses, Wire Mattresses, and Pillows.
W. A. SCHRICK, 21 New Montgomery St., San Francisco, Cal.

YOUNG MEN! The Specific A No. 1.
Cures without fail all cases of Gonorrhoea and Syphilis, restores strength, builds up the system, cures all ailments, restores the system to its original vigor. Sold by all Druggists. Manufactured by The A. S. S. Co., San Jose, Cal. Price, \$3.00.

MRS. WINSLOW'S SCORING SYRUP
FOR CHILDREN TEETHING.
For sale by all Druggists. 25 Cents a bottle.