

There are a few people left

who still follow antiquated methods of raising bread, biscuit, cake and pastry with home-made mixtures of what they suppose to be cream of tartar and soda, compounded haphazard,

but there are very few

The best housekeepers use the Royal Baking Powder instead. Its scientific composition insures uniform results. By its use alone can the finest flavored, most wholesome food be produced. To any housekeeper who has not used the Royal Baking Powder we would like to send our Cook Book, free. Mark your request "For instruction."

Royal Baking Powder Company,
106 Wall Street, New-York.

Caran d'Ache, the most popular of modern continental caricaturists, looks like a soldier. He is of Russian ancestry, and his nom de plume is the Russian word for pencil. If he were to sign his sketches "Emanuel Poire," few people would recognize them as his handiwork, though that is his real name. Like Lieutenant Viani, whom the world knows as Pierre Loti, he could circumnavigate the globe inactively by the simple process of utilizing his real name and discarding his nom de plume.

For Pure Food.

The San Francisco Board of Health can engage in no more laudable occupation than the examination of our food supply and the instruction of the public as to those articles it finds to be pure and wholesome, and which, therefore, consumers should use.

There are quantities of baking powders in the market to use which is certain detriment to the health of the consumer. They are made from alum, or improperly compounded from other chemicals, so that they leave a strong alkaline residuum in the food. Many of these powders, having proved unsalable in the East, have been collected by their manufacturers from the dealers, with whom they were left on commission, and shipped to the Pacific Coast. In the effort to gain a foothold in this market, their unscrupulous manufacturers have indulged in extravagant statements both with reference to their own and other brands, claiming the most improbable endorsements for their and defaming the brands best known and longest used upon the Pacific Coast. This information from this high authority, therefore, is most opportune.

The strength in leavening gas indicates both the economical value and the purity of a baking powder. The tests made by Messrs. Thomas Price & Sons, the well-known analytical chemists of San Francisco, show the Royal to contain 191 cubic inches of leavening gas per ounce of powder, which was fifty-one inches more than the next highest in strength. This shows the Royal about 30 per cent stronger than the best of the other powders and its use that much more economical.

The opinion of the Board of Health is as follows:

We, the members of the Board of Health of the city and county of San Francisco, cordially approve and recommend the Royal Baking Powder, as being 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.—San Francisco Chronicle.

A great stir has been made among shipping people at Liverpool by the notification that all freight vessels and their crews bound for the United States must henceforth be inspected by the medical officers attached to the American Consulate before bills of health can be issued.

A GAINFUL TRANSACTION

IF YOU LOOK IN Webster's Dictionary, you will find that the definition of a *gainful transaction* is: "A transaction which results in a gain." Now that is what we offer you a genuine bargain in a very reasonable one: 3 cents per yard for Cinghams' 27 inch wide. It will cost about 3 cents per yard to mail. So you see you are getting a good grade of Cinghams delivered at your post-office for 1 cent per yard.

OLDS & KING, Portland, Or.

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.

SOCIETY BADGES.

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

OPIUM

Morphine Habit Cured in 10 to 20 Days. Dr. J. H. King, Lebanon, Ohio. N. P. N. U. No. 497—S. F. N. U. No. 574

BUILDING FOR OTHERS.

What if I build for others,
And the walls of the building stand
Long after I am forgotten?
By the dwellers within the land—
Long after the buildings have crumbled
That were founded upon the sand?

What if I build for others
And the building shelters me not,
And within the home I have builded
I shall have no part or lot,
And the dwellers who have their homes there
Through all time shall know me not?

Yet when the years shall have faded,
And beneath the roof-tree's shade
The children of generations
In their childish days have played,
And have passed from under the roof-tree
And vanished into the shade,

Some dweller beneath the roof-tree
Thinking when it was new,
May say as he thought a run backward,
Keeping its age in view,
"The builder who built this building
Built better than he knew."

And I, though I have passed onward,
Hearing the Master's call,
May know, though it may not matter
To me what the building befall,
It is better to build for others
Than not to have built at all.

—R. N. Gunnison in Boston Transcript.

When Children Are Teething.

It is a strange fact that during teething superstitious practices are in vogue today. The writer has known of several instances in which the blood of a cock's comb was used, and the mothers insisted that it had a marvelous effect, hastening the appearance of the teeth and obviating all discomfort. Occasionally a child exhibits signs that indicate that it is cutting its teeth with some difficulty; such signs being heat, swelling and redness of the mouth and gums, also restlessness. In such cases the discomfort may be lessened by proper treatment, not, however, by any superstitious practices. Cold water is one of the best remedies, and the little sufferer should be allowed to drink freely.

If it shows a desire for biting hard substances, the mother may properly provide it with a ring. Beyond this there is nothing for her to do with her own responsibility. Rubbing the gums with paregoric or laudanum, a practice common with many, is not only useless but dangerous. These opiates are not in any considerable degree absorbed by the gum, and, of course, they are swallowed, therefore they are sure to do harm.—Boston Herald.

A Woman Rebuked.

The danger of making personal remarks in any tongue is well shown. A certain Captain Symons was riding in a London omnibus, when there entered and sat opposite to him a man and his wife. The lady after a few minutes remarked to her husband in Hindoostanee, "Dekh, Sahib ko kaisa bara nak hai," which being interpreted means, "Look what a large nose that gentleman has!" The captain had a large nose, but though a good natured man he could not be generous enough to forego scoring off the lady. To her horror, he immediately rose in his seat and taking off his hat replied in Hindoostanee also, "Han, Sahib hai baro bara nak hai." ("Yes, madam, I have a very large nose.")—London Tit-Bits.

The Beginning.

Professor Cooke was talking about electricity at Harvard and sent his assistant to start up the dynamo. "Wait a moment, gentlemen," he smiled, "and the experiment will begin." Soon there was a terrific rumbling, a clatter and a thump. "There, gentlemen," said the genial professor, "that's the beginning. Now you can hear the dynamo running in its stairs."—Boston Budget.

Progress in electric roads can be seen from the following: In 1885 there were only three in the country. Now we have 325 roads, with 4,000 cars. The comparative cost per car mile is 18.12 cents, while for horse cars we have 18.26 cents and for cable 13.25 cents.

A house still standing in Chicopee, Mass., is reported to be 225 years old, and is probably the oldest dwelling in the Commonwealth. It is in a good state of preservation and its present owner has occupied it fifty-seven years continuously.

The lighthouse at Sydney, in Australia, has an electric light equal to 12,000,000 candles, which is visible for fifty miles. The next largest is the 7,000,000 candle power light in the lighthouse at St. Catharines Point, Isle of Wight.

Thin Children Grow Fat

on Scott's Emulsion, because fat foods make fat children. They are thin, and remain thin just in proportion to their inability to assimilate food rich in fat.

Scott's Emulsion

of Cod Liver Oil is especially adaptable to those of weak digestion—it is partly digested already. Astonishing how quickly a thin person gains solid flesh by its use!

Almost as palatable as milk.

Prepared by Scott & Bowne, N. Y. All druggists.

"August Flower"

Eight doctors treated me for Heart Disease and one for Rheumatism, but did me no good. I could not speak aloud. Everything that I took into the stomach distressed me. I could not sleep. I had taken all kinds of medicines. Through a neighbor I got one of your books. I procured a bottle of Green's August Flower and took it. I am to-day stout, hearty and strong and enjoy the best of health. August Flower saved my life and gave me my health. Mrs. Sarah J. Cox, Defiance, O.

GROUNDLESS JEALOUSY.

My wife is jealous of each maid
I worship in my verse,
And every dollar I am paid
For them she deems a curse.

And though through them I buy her gown,
Pay doctors' bills and rent,
At their fair nothingness she frowns,
Displeasure dire to vent.

One little secret I'd explain—
"I would set her mind at rest—
But no, 'twould render me too vain
If she but dimly guessed."

Those maids I love for selfish self
Should go unworshiped of mine,
For every one is just herself.
Called by another name.

—R. L. Hendrick in Harper's Bazar.

Where Americans' Letters Go.

The United States writes more letters to Great Britain than to any other country. Last year 10,007,000 epistles went from the United States to Great Britain, 5,806,040 to Germany and 1,884,040 to France.

HOLT SCHOOL ACCREDITED BY THE UNIVERSITIES.

Holt's Oak Grove School has been placed on the list of schools whose graduates are admitted to the State University without examination. Dr. Holt's recommendation is also good for admission to the Stanford University. This school is located near Millbrae, San Mateo county, California, and ranks as one of the best and most popular schools for boys on the Pacific Coast.—San Francisco Chronicle, June 2, 1893.

A Mistake Somewhere.—Editor—You say these jokes are original? Mr. Chestnut (a humorous writer) says, Editor, then you must be a much older man than I take you for.

PROVED TO BE THE BEST.

Tested and proved by over thirty years' use in all parts of the world, ALCOCK'S PAIN EXPELLER has the indorsement of the highest medical and chemical authorities, and millions of grateful patients who have been cured of distressing ailments voluntarily testify to its efficacy. ALCOCK'S PAIN EXPELLER is purely vegetable. They are mild but effective, safe and quick in their action, and absolutely irrefragable.

Beware of imitations, and do not be deceived by misrepresentation. Ask for ALCOCK'S, and let no solicitation or explanation induce you to accept a substitute.

A woman never begins to fidget about her age until she has passed twenty-five years.

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 restoring the inflamed condition of the mucous lining of the EUSTACHIAN TUBE. When this gets inflamed, the tube becomes swollen and its normal condition is entirely closed. Deafness, therefore, is not cured until the inflammation is removed, and when it is entirely closed deafness is not cured until the inflammation is removed, and when it is entirely closed deafness is not cured until the inflammation is removed.

We will give one Hundred Dollars for any case of deafness caused by catarrh of the EUSTACHIAN TUBE, if cured by our Catarrh Cure. Sent for circulars, free.

—F. J. CLEGG & CO., Toledo, O.

Sold by druggists; 75 cents.

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 hemorrhoids cured by our Pile Cure. Address for pamphlet, Dr. Porterfield & Lacey, 888 Market Street, San Francisco.

"How should you address a man?" "As mister." "And how should you address a woman?" "As—er—mistery."

The Enamel is the Polish; no dust, no smell.

A Little Red Spot

Appered on my left leg below the knee, and it gradually spread until I was covered with blotches and patches, which the physician called psoriasis, itching and burning terribly. I scratched and scratched until I increased my agony. Finally Rev. Father Cantwell urged me to take Hood's Sarsaparilla. I did so with joyous and wonderful result. The large scales peeled off, the spots grew less and disappeared, the itching and burning subsided and I am perfectly cured, equal in health to any man. And it is all due to Hood's Sarsaparilla."—Tales, Detroit, Green Bay, Wisconsin.

Hood's Pills are the best after-dinner Pills, assist digestion, cure headache. Try a box.

FISHING TACKLE

—FOR—
Rods, Reels, Lines, Hooks, Leaders, Etc., of the Finest Quality.

—SEND TO—
THE H. T. HUDSON ARMS CO.,
93 First St., Portland, Or.

Send for catalogue.

IRON BEDS, \$6.00.

Fine Bedding, Hair Mattresses, Floss Mattresses, Wire Mattresses, and Pillows.

Send for Catalogue. 21 New Montgomery St. San Francisco Cal.

W. A. SCHROCK

HAVE YOU GOT PILES

ITCHING PILLS known by medicine like peppermint, cause intense itching when worn. DR. DO-SAN-KO'S PILE REMEDY, which acts directly on parts affected, absorbs tumors, allays itching, effecting a permanent cure. Price, 50 cents per box. Dr. Do-San-Ko, Philadelphia, Pa.

\$75.00 to \$250.00 can be made monthly working for B. F. JOHNSON & CO., RICHMOND, VA.

PISO'S CURE FOR CONSUMPTION.

Consumptives and people who have weakness of Asthma, should use PISO'S CURE FOR CONSUMPTION. It has cured thousands. It has no injurious effects. It is not bad to take. It is the best cough syrup. Sold everywhere. 25c.

COMPLETELY UPROOTED.

How many remedies there are which merely relieve without uprooting disease. The contrast with sterilizing 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 Dr. Pierce's Favorite Prescription. For women suffering from any chronic "female complaint" or weakness, for women who are run-down and overworked, for women who are nursing mothers, and for mothers who are nursing and exhausted; at the change from girlhood to womanhood; and later, at the critical "change of life"—it is a medicine that safely and certainly builds up, strengthens, regulates, and cures. If it doesn't, if it even fails to benefit or cure, you have your money back.

What you are sure of, if you use Dr. Sage's Catarrh Remedy, is either a perfect and permanent cure for your Catarrh, no matter how bad your case may be, or \$500 in cash. The proprietors of the medicine promise to pay you the money, if they can't cure you.

TRY GERMEA for breakfast.

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

JUST A LITTLE

pain neglected, may become

RHEUMATISM,
NEURALGIA,
SCIATICA,
LUMBAGO.

Just a little
SPRAIN
may make a cripple.

Just a little
BRUISE
may make serious inflammation.

Just a little
BURN
may make an ugly scar.

Just a little
COST
will get a bottle of

ST. JACOBS OIL,
A PROMPT AND PERMANENT CURE.

Years of Comfort against Years of Pain for

JUST A LITTLE.

A copy of the "Official Portfolio of the World's Columbian Exposition," descriptive of Buildings and grounds, beautifully illustrated in water color effects, will be sent to any address upon receipt of 10c in postage stamps by THE CHARLES A. VOSEMAN CO., BALTIMORE, MD.

CURE THAT COUGH WITH SHILOH'S CURE

DR. GUNN'S ONION SYRUP FOR COUGHS, COLDS AND CROUP.

DR. GUNN'S ONION SYRUP

DR. GUNN'S ONION SYRUP

DR. GUNN'S ONION SYRUP

THIS GREAT COUGH CURE promptly cures all other Coughs, Croup, Whooping Cough and Asthma. For Consumption it has no rival. It has cured thousands, and will cure you if taken in time. Sold by Druggists on a guarantee. For a Lamb Back or Chest, use SHILOH'S BELLADONNA PLASTER, 25c.

SHILOH'S CATARRH REMEDY.

Have you Catarrh? This remedy is guaranteed to cure you. Price, 50c. Injector free.

DR. GUNN'S ONION SYRUP

FOR COUGHS, COLDS AND CROUP.

GRANDMOTHER'S ADVICE.

As a relative family physician, my only remedy for Coughs, Croup and Whooping Cough was Dr. Gunn's Onion Syrup. It was four years ago that my grandchild took Dr. Gunn's Onion Syrup which is already prepared and more pleasant to the taste. Sold everywhere. Large bottles 50 cents. Take no substitute for it. There's nothing so good.

HOW OUR CUSTOMER LAUGHED

WHEN HIS FRIEND TOLD HIM THAT HE PAID \$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



59 GOLD DOLLARS FOR 60c. PORTLAND, TACOMA, SALEM.

"HE THAT WORKS EASILY, WORKS SUCCESSFULLY." CLEAN HOUSE WITH

SAPOLIO

RHEUMATISM CURED BY THE USE OF MOORE'S REVEALED REMEDY.

ANTONIA, OREGON, January 10.—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 child cured of INFLAMMATORY RHEUMATISM when the best doctor I could get did him no good. Yours in gratitude, MRS. N. V. STEELE.

SENT 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.



PUT TO FLIGHT

—all the peculiar troubles that beset a woman. The only guaranteed remedy for them is Dr. Pierce's Favorite Prescription. For women suffering from any chronic "female complaint" or weakness, for women who are run-down and overworked, for women who are nursing mothers, and for mothers who are nursing and exhausted; at the change from girlhood to womanhood; and later, at the critical "change of life"—it is a medicine that safely and certainly builds up, strengthens, regulates, and cures. If it doesn't, if it even fails to benefit or cure, you have your money back.

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No Hotel Extortion.

Guests will be booked now on the European Plan.

For World's Fair Accommodations

At \$1.50 per day each, two in a room, at the

Great Eastern,

60th St. and St. Lawrence Ave., CHICAGO.

The largest in the world and practically fire-proof. With the Hotel and Tavern's Dining Room, Manager, Chicago, Ill.

BLOOD POISON A SPECIALTY.

Dr. Mumford's Tansy

The reliable Female Regulating Pills, quickly correct all irregularities and the distressing symptoms of the female system.

Safe, sure and reliable. Sold by druggists. Price, 50c. per box, 6 boxes for \$3.00. Mumford Co., Box 608, Seattle, Wash. AND COTTONWOOD PILLS

YOUNG MEN! The Specific A No. 1.

Cures, without fail, all cases of Gonorrhoea and Syphilis, no matter how long they have existed. It is a specific for the blood, and cures all venereal diseases. It is a blood purifier, and cures all skin diseases. It is a general tonic, and cures all debility. It is a specific for the prostate, and cures all prostatic diseases. It is a specific for the bladder, and cures all bladder diseases. It is a specific for the ureters, and cures all ureteral diseases. It is a specific for the kidneys, and cures all kidney diseases. It is a specific for the liver, and cures all liver diseases. It is a specific for the lungs, and cures all lung diseases. It is a specific for the stomach, and cures all stomach diseases. It is a specific for the bowels, and cures all bowel diseases. It is a specific for the bladder, and cures all bladder diseases. It is a specific for the ureters, and cures all ureteral diseases. It is a specific for the kidneys, and cures all kidney diseases. It is a specific for the liver, and cures all liver diseases. It is a specific for the lungs, and cures all lung diseases. It is a specific for the stomach, and cures all stomach diseases. It is a specific for the bowels, and cures all bowel diseases.

PENNYROYAL

Safe, sure and reliable. Sold by druggists. Price, 50c. per box, 6 boxes for \$3.00. Mumford Co., Box 608, Seattle, Wash. AND COTTONWOOD PILLS

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Best in the World! Get the Genuine! Sold Everywhere! FRANK WOOLSEY, Agent, Portland, Or.

AGENTS MAKE MONEY selling World's Fair History. Ours is the only one that is sold in five hundred cities. Agents wanted for other books also. Circulars free. F. H. Cheney & Co., 515 Fifth Avenue, Chicago, Ill.

MRS. WINSLOW'S SOOTHING SYRUP FOR CHILDREN TEETHING.

For sale by all druggists. 25 cents a bottle.