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Royal Baking Powder never disappoints; never makes sour, soggy or husky food; never spoils good materials; never leaves lumps of alkali in the biscuit or cake; while all these things do happen with the best of cooks who cling to the old-fashioned methods, or who use other baking powders.

If you want the best food, Royal Baking Powder is indispensable.

ROYAL BAKING POWDER CO., 106 WALL ST., NEW-YORK.

The Proper Way to Sit.

A proper sitting position requires that the spine shall be kept straight, and that the support needed for the upper part of the body shall be felt in the right place. Therefore, sit as far back as possible in the chair, so that the lower end of the spine shall be braced against the back of the seat. If this back is straight the shoulders will also rest against it; if not, they will have no point of support, and it will be found that they do not rest. This position makes no strain upon the ligaments of the spine. It allows a proper position of the shoulders, consequently of the chest, consequently of the lungs, stomach and every other organ of the body. Their work is carried on naturally and comfortably, as is also the circulation of the blood, which in a wrong sitting position is seriously interfered with.

With the feet resting squarely upon the floor, the hands resting easily upon the lap, perfect equilibrium, and consequently perfect rest of the body, is secured. There is no strain upon any part of the body; no muscle or organ is required to do more than its legitimate amount of work. The arms should never be folded, for this position not only causes a strain upon the spine and all the other evils already referred to, but in addition places the weight of the arms upon the stomach and the diaphragm, thereby increasing the labor of digestion and respiration. Placing the hands behind the back or folding the arms behind the back, if possible, is a good attitude to take occasionally, giving as it does the fullest expansion to the whole upper part of the body.—Caroline Le Row in Ladies' Home Journal.

A Case of Disenchantment.

There is a story told of a Virginia gentleman, scrupulous in his taste, who, being deeply enamored of some lady fair, rode forth to tell his love. He took her hand, rested his eyes upon it before asking it as a gift, saw the pink nails of his ideal girl with black, dropped it, said farewell, and such was the end of this chapter called "Disenchantment." Moral: Cupid must make sure the tighter the bloodflow in the hand, the tighter the curtain rises, lest it fall before the drama be complete.—Richmond Dispatch.

THE FLAG

Now generally floats above the school house; and what more appropriate than that the boys should be taught to defend it?—Ex-President Harrison Bishop Scott Academy, Portland, O., is a military school under government control. Scientific, commercial, classical. Catalogue on request. Spring term begins February 6.

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SAN FRANCISCO

HARRIET BEECHER STOWE.

How She Was Once Not Escorted Home From a Railroad Station.

"Speaking of bad breaks," said the lawyer, "Jack Berkley, a friend of mine, was telling me the other night of an experience of his which he looks upon as a record breaker. "He was attending college during the time that Professor Stowe occupied a chair at Bowdoin, and one stormy night the learned gentleman, being loath to leave his comfortable quarters, asked Jack if he wouldn't go down to the station to meet Mrs. Stowe. "Jack didn't know the lady, but he willingly accepted the honor of escorting so great a celebrity as Mrs. Harriet Beecher Stowe and hastened down through the snow and sleet to wait for the train. "After a time he presented himself before the professor without the expected guest. "Where is she?" demanded that gentleman. "She didn't come, sir," said Jack. "Oh, but I know she did. She wrote me she was coming, and Mrs. Stowe never disappointed me," was the very positive answer. "But, sir," protested Jack, "there was only one person got off the train, and that was an old Irish woman. "Strange," mused the professor. "What can have happened to her?" "At that moment there was a knock at the door, and Mrs. Stowe entered. "Aha!" exclaimed the professor gleefully. "There you are! I sent this young gentleman down for you, and he protested you did not come." "I think I remember seeing him, too," said Mrs. Stowe. "Poor Jack! The cold perspiration stood upon his brow. He had taken the immortal author of 'Uncle Tom's Cabin' for an old Irish woman. "He stammered out something and fled. He never could look Professor Stowe in the face after that."

"Mrs. Stowe never cared much for dress," said a woman present. "I dare say, as it was a stormy night, she had paid less attention than usual to her personal appearance. "A friend of mine who knew her very well one day asked her if she preferred white stockings to colored ones. She spoke of it because Mrs. Stowe's white stockings were very noticeable with her black gown. "No," said the author, "I don't know that I do. "You are wearing white today," said my friend. "Not at all," said Mrs. Stowe, putting out a foot clad in a black stocking. "But the other foot has a white one," persisted my friend. "Mrs. Stowe quickly investigated. "Why, so it has," she laughed. "Well, I suppose I didn't pick up mates, and unconsciously changed the subject."—New York Recorder.

Admiral Aveling.
Admiral Aveling, in command of the Russian fleet, is of French extraction. He is an interesting man, and a characteristic incident of his career is worth relating. When many years ago he was cruising in the Baltic as a midshipman, among the men on the ship was a former captain of a man-of-war, broken for insulting the admiral and reduced to a common seaman. The young officer considered it his duty to treat the man with all the kindness consistent with the regulations and to try to start him afresh. A pardon could be granted only for an act of bravery. "The next time a storm comes on," Aveling said to the ex-captain, "I will jump into the sea, as if by accident. You'll dump after me and win your pardon." This was agreed upon. Some days later, in a squall, Aveling disappeared. The ex-captain jumped over the ship's side, but he was a poor swimmer, and instead of rescuing Aveling he owed his life to the latter. The commander's report reached the czar, and the ex-captain was restored to his rank. The captain is now an admiral. The other day he celebrated the fiftieth anniversary of his entrance into the service by giving a dinner, to which Admiral Aveling was invited. In the course of an after-dinner speech the host publicly thanked his junior colleague for having opened to him the path of honor.—Paris Cor. New York Sun.

Lotteries.
The origin of lotteries is to be found in the custom inaugurated by the Roman Emperor Augustus of distributing at his feasts sealed packets similar in appearance, but containing orders for articles of very different value. In the middle ages the same method was adopted by the Italian merchants in the disposition of their wares. A money lottery called the lotto was instituted at Florence in 1530 for the benefit of the state. In Venice half a century later lotteries existed under public control, and from that time many of the European states resorted to the lottery as a means of raising a revenue. In the United States the lottery was from the earliest settling of the country a familiar means of raising funds, and the state lotteries were generally fairly managed, but the numerous private lotteries and scandalous abuses to which they gave rise aroused public opinion against the principle, and in 1838 a society was formed in Pennsylvania which advocated its suppression, and to the efforts of this society may be attributed the acts of most of the states in prohibiting their establishment.—Harrison's Family Magazine.

Traffic in Buenos Ayres.
The noise is deafening from the rattle of heavy wheeled carts and wagons and the incessant passing of horse cars, one close behind the other. But the clattering of hoofs and the rolling of wheels on the rough granite pavement are drowned and forgotten in the shrieking of tramway horns. In front of each car, hung up just in reach of the driver's lips, is a cow horn, upon which he continually toots with indefatigable virtuosity, which forfeits rest and peace by day and murders sleep of nights as effectively as Macbeth's conscience. Most of the tram cars are open vehicles of American make with reversible seats and are conducted by seedy fellows of all nationalities, while the small sized native horses are driven to speedy death by the most cruel of human brutes. According to official reports, the six tramway companies of Buenos Ayres employ constantly 6,073 horses on 200,370 kilometers of track, with 397 coaches, and carried an aggregate of 9,000,000 passengers every month.—Fannie B. Ward.

Paddy's Explanation.
Minister—I have noticed, Patrick, that the vane on our church spire has not changed its direction for several weeks, though the wind meantime has blown from all points of the compass. Can you explain the reason of this?
Patrick—I'm thinking I can do toot same, yer reverence. It needs the something as the people that sit under it o' Soondays.
Minister—And what is that?
Patrick—A little grace, yer reverence. Boston Courier.

MUSCLE AND VIGOR—A DIFFERENCE

Many muscular men succumb to fatigue, borne with ease by persons far their inferiors in physical strength. Muscle does not imply vigor. In fact, it is not difficult of proof that athletes do not live as long nor enjoy as good health as the average individual who is vigorous—that is to say, whose digestion and sleep are unimpaired, whose nerves are tranquil, and who has no organic tendency to disease. These requisites of vigor are conferred upon those liberally weak, no less than upon those debilitated through wasting disease, by a thorough, persistent course of **Hood's Stomach Bitters**, the leading national tonic, endorsed and recommended by physicians of eminence. It will not endow you with the muscle of a Corieth, but it will infuse energy into your system and renew the active and healthy performance of its functions. It averts and cures malaria, rheumatic and kidney complaints, and overcomes dyspepsia, constipation, liver trouble and nervousness.

I cannot sing the old song,
They heard the maiden say,
And then the guests with one accord
Arose and said, "Ho, ho, ho!"

CAUTION.

Imitations have been put upon the market so closely resembling **ALCOCK'S PORE PLASTERS** in general appearance as to be well calculated to deceive. It is, however, in general appearance only that they compare with **ALCOCK'S**, for they are worse than worthless, inasmuch as they contain deleterious ingredients which are apt to cause serious injury. Remember that **ALCOCK'S** are the genuine pore plasters—the best external remedy ever produced; when purchasing plasters do not only look for, but make sure that you get **ALCOCK'S**. **BRANDRETH'S PILLS**, the best anti-bilious remedy.

Ask a man how to define injustice and he will tell how others are treating him.

Brown's Bronchial Troches will relieve bronchitis, asthma and throat diseases.

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