

ASIDE from the fact that the cheap baking powders contain alum, which causes indigestion and other serious ailments, their use is extravagant.

It takes three pounds of the best of them to go as far as one pound of the Royal Baking Powder, because they are deficient in leavening gas.

There is both health and economy in the use of the Royal Baking Powder.

ROYAL BAKING POWDER CO., 108 WALL ST., NEW-YORK.

Beautiful and Ignorant Africans.
The most beautiful black race in Africa, a tribe in Nyassaland, on whose looks even missionaries grow eloquent, are really as ignorant as fishes, and though they have discovered the use of fire have never risen to the conception of clothes of any kind.—*Milman.*

Entomology as a hobby is now widely pursued by young people, and no department of natural history is more attractive. But the biological study of insects, though of the first importance to the economic entomologist, is to him only the first step.



TO PUT ON

needed flesh, no matter how you've lost it, take Dr. Pierce's Golden Medical Discovery. It works wonders. By restoring the normal action of the deranged organs and functions, it builds the flesh up to a safe and healthy standard—promptly, pleasantly and naturally. The weak, emaciated, thin, pale and puny are made strong, plump, round and rosy. Nothing so effective as a strength restorer and flesh maker is known to medical science; this puts on healthy flesh not the fat of cod liver oil and its filthy compounds. It rouses every organ of the body to activity, purifies, enriches and vitalizes the blood so that the body feels refreshed and strengthened. If you are too thin, too weak, too nervous, it may be that the food assimilation is at fault. A certain amount of bile is necessary for the reception of the fat foods in the blood. Too often the liver holds back this element which would help digestion. Dr. Pierce's Golden Medical Discovery stimulates, tones up and invigorates the liver, nourishes the blood, and the muscles, stomach and nerves get the rich blood they require.

Spent Hundreds of Dollars with no Benefit.
M. J. COLEMAN, Sargent St., Roxbury, Mass., writes: "I have been suffering from dyspepsia and constipation with untold agony for at least 18 months. I am more than pleased to say that after using Dr. Pierce's Golden Medical Discovery and Pleasant Pellets for one month, I was entirely cured, and from that time to this I do not know a doctor, what even a slight headache is. I paid \$100 for medicine, and derived no benefit. I got more relief in one hour from your medicine, as far as my stomach was concerned, than from all the other medicine I used. If any person who reads this is suffering from dyspepsia or constipation and will use your medicine as I have done, he will never regret it."



W. L. DOUGLAS \$3 SHOE IS THE BEST, NO SQUEAK, NO BUBBLE.
#5. CORDOYAN, FRENCH ENAMELLED CALF.
#4.50 FINE CALF & KANGAROO.
#3.50 POLICE, 3 SOLES.
#2.50 WORKINGMEN'S EXTRA FIRM.
#2.125 BOY'S SCHOOL SHOES.
#1.50 LADIES' BEST CATALOGUE.
W. L. DOUGLAS, BOSTON, MASS.

You can save money by wearing the W. L. Douglas \$3.00 shoe. Because we are the largest manufacturers of this grade of shoes in the world, and guarantee the value by stamping the name and price on the bottom, which protect you against high prices and the middleman's profit. Our shoes equal custom work in style, easy fitting and wearing qualities. We have them sold everywhere at lower prices for the value given than any other make. Take no substitute. If your dealer cannot supply you, we can.

GLADDING McBEAN & CO. MANUFACTURERS ARCHITECTURAL TERRA COTTA HOLLOW TILE FIRE PROOFING SEWER AND CHIMNEY PIPE PRESSED BRICK DRAIN TILE ETC. 1358 & 1360 MARKET STREET, S. F. MANUFACTORY AT LINCOLN CAL.

NUBINE From Face, Neck and Arms in five minutes with NUBINE, without pain or injury to the skin. NUBINE is the most perfect skin agent in the world. NUBINE MFG. CO., Room 12, The Vendome, London, Or.

FOR LADIES! \$100 IN GOLD will be paid by the Koch Chemical Co. for any case of female weakness that will not yield to DR. J. S. KOCH'S ANTI-SEPTIC SANATIVE POWDER. Price \$1.00 per box. For sale by all druggists.

PISO'S CURE FOR CONSUMPTION and people who have weak lungs or Asthma, should use PISO'S Cure for Consumption. It has cured thousands. It is not injurious to the system. It is the best cough syrup. Sold everywhere. 35c.

Harmony in Guests.
"My dear, don't you intend to invite Mr. and Mrs. Green to your party?" asked Mr. Biller.
"Certainly not."
"Why not, my dear? They are good friends of ours."
"What if they are? I am going to invite Mr. and Mrs. Brown."
"Well, can't you invite the Greens as well?"
"Why, John Biller, you shock me with your taste. Brown and Green in my parlor together! Why, next you'll be asking me to wear blue and yellow. I declare you men have no idea whatever of harmony."—*London Tit-Bits.*

An Improvement For Ships.
The proposal to sheath ships with copper coated with mercury is attracting attention. The idea is that such an arrangement would effectually prevent barnacles from adhering to the bottom of vessels. In order to keep the mercury on and to prevent oxidation, the copper would be constantly charged with electricity. This would bring about another interesting possibility. Any gold or silver that might be in the water would be precipitated on the bottom of the vessel, and it could then be scraped off when the vessel arrived in port.—*New York Tribune.*

Modern Children.
"So you are 13 years old, are you?" said a visitor at a Fifth Avenue mansion to the little daughter of the house.
"Yes, and I now realize that it's an un-lucky number. It's too old for dolls, and pa says it's not old enough for gentlemen's society."—*Texas Gentlemen.*

Thrill Happy the Modern Man.
The average 18-year-old boy now has a much greater variety of information than men aged threescore and ten had 100 years ago, and men with salaries of \$1,300 a year can secure more advantages and luxuries than kings could 1,000 years ago by the expenditure of millions.—*Galveston News.*

A certain amount of daily exercise is necessary to enable one to study with a healthy mind in a healthy body, but if a boy trains for a "crew" or "team" he must give up many hours that otherwise might be devoted to books.

In 1859 a Milan student is said to have discovered the secret of petrifying human flesh. In 1866 he was drowned in a ship wreck on the Mediterranean sea, the wonderful secret perishing with him.

The deer is furnished with supplementary breathing places in addition to the nostrils, and this would appear to be an extraordinary provision of nature, giving the beast of the chase a freer respiration.

CURE TAKE THE BEST
COUGH WITH SHILOH'S CURE
25c. 50c. \$1.00 Bottle. One cent a dose.
It is sold on a guarantee by all druggists. It cures Consumption and is the best Cough and Croup Cure.

Germ of disease feed on life, and are only overcome by the making of sound, healthy tissue.
Scott's Emulsion the Cream of Cod-liver Oil, is an easy, palatable fat food that makes new tissue quickly and gives strength. Physicians, the world over, endorse it.
Don't be deceived by Substitutes!
Prepared by Scott & Bowne, N. Y. All Druggists.

IRVING INSTITUTE 1036 Valencia street, Select Boarding School for Girls. Eighteenth year. Nineteen teachers. For illustrated catalogue address REV. EDW. B. CHURCH, A. M., Principal.

MRS. WINDLOW'S SOOTHING SYRUP FOR CHILDREN TEething For sale by all Druggists. 25 Cents a bottle.
The Place to Start. Whenever you long to benefit the world by assuming the duties of foot killer remember that charity begins at home.—*Kate Field's Washington.*

AN OLD TIME PROSPECTOR.

Perhaps an Eskimo Who Was Driven South Sixty Thousand Years Ago.
Texas has had its old settlers stretching away back toward the dawn of creation, the bones of whose garments tradition does not reach, but whose careers were probably as full of wild adventure as that of any Indian or Mexican fighter that has ever adorned the pages of Texas history. One of those old settlers was found about 10 days ago by D. D. Pittman while digging a well on his lot on Thomas avenue, Dallas.

At a depth of 32 feet below the surface, and after blasting through a stratum of limestone four feet thick, Mr. Pittman found a human skeleton in the posttertiary sands. The skull, finger bones and other thin bones, on being brought in contact with the atmosphere, crumbled away to powder, but some of the larger bones stood the test of atmospheric exposure, and, beyond the grumbling of the articular surfaces, are in a good state of preservation. This is particularly the case with the thigh bone.

It is in all other respects resembles the thigh bone of modern man except as to its anatomical neck, which Dr. Armstrong, the city health officer, says is not shaped like that of the present race. However, as nature adapts itself to its surroundings, it is to be expected that there was some difference between the fore and aft movement of the thigh bone that was in use 60,000 years ago and that of the present time.

The bone, while as thick and heavy as that of a man of medium height, is only 17 inches long, which would represent a man about 4 feet 2 inches high, or about the stature of an Eskimo, and taken in connection with the geological formations, those of the second glacial period, in which the skeleton was found there is hardly any doubt but that it belongs to the Eskimo race.

The cold of that period destroyed the northern tribes, except such of their hardiest members as escaped south. That there was a southward movement of Eskimos in those days is as certain as that there is now a water movement of tramps from the rigorous climate of Iowa and Nebraska to the more genial one of Texas. Doubtless this poor Eskimo lived between the paleolithic and neolithic periods—the ages of unpolished and polished stone weapons, marking the hiatus in the Bible between Adam and the period where connected history begins.

What a wonderful story could this skeleton tell if it had a tongue! But here the question suggests itself, Had this Eskimo yet reached the origin of language? Did he say "yes," or did he merely nod his head? How did he string the echoes of his thoughts together? Unfortunately the skull, that part of it most valuable to science, has crumbled away.—*Galveston News.*

Where Soldiers Are Shot.
In the work on gunshot wounds, Dr. Ludwig Brandt gives some interesting statistics about the Franco-Prussian war in 1870. The number of officers and privates who were wounded during the war amounted to the immense total of 116,831. Of these 69,656 survived, 11,029 died in hospital, and 6,323 died on the field of battle.

The wounds of those who were under hospital treatment, including the wounds of those who died in hospital, were thus distributed: Wounds of the head, 11,041; of the neck, 1,922; of the chest and back, 11,405; abdomen, 4,533; upper extremities, 33,914; and of the lower extremities, 43,963, while in 3,721 instances the situations of the wounds have not been recorded.

A notable fact is the unusually large proportion of wounds of the head, which nearly equal those of the chest and back together and approach three times the number of those of the abdomen. The number given (11,041), however, includes 2,130 injuries to the face.
The wounds by rifle bullets more than double the number of those caused by artillery projectiles, but the information in this respect is not of much value, as out of 2,069 gunshot wounds of the face in no fewer than 1,308 instances the particular projectiles by which the wounds were caused have not been recorded.—*British Medical Journal.*

Curious Statistics of the Blind.
The people of Russia are more terribly afflicted with the infirmity of blindness than any other race, next or nation on the globe, the proportion being 21 to every 10,000 of population. In 1886 there was an official census taken of the blind of Europe. These statistics show a remarkable state of affairs, especially in European Russia, the Caucasus and Poland. In the countries named there were a total of 189,872 persons who were entirely blind. The whole of the remainder of Europe (and mind this includes the thickly populated countries of Germany, France, Spain, Holland, Belgium, Great Britain, etc.) only had a blind population numbering 188,312, while the three Americas, North, Central and South, with their islands, have less than 38,000 persons who are totally bereft of sight.

In the Caucasus the women, especially those of country districts, are more liable to cecity than in Poland, the proportion being about 27 to 10. In Poland there are 25 blind men for every 4 blind women, the same percentage holding good over the most of Russia in Europe.—*St. Louis Republic.*

Electric Shoeks From a Carpet.
Our sleeping room has an ingrain carpet from which we get marked electrical experiences. On a cold morning one can hardly take a step without being strongly electrified. By shuffling across the carpet, taking only two steps, I have many times drawn a spark one-eighth of an inch long. By taking a dozen shuffling steps and touching the water faucet I have several times drawn a spark nearly one-half of an inch long. Ined it is so common and so excessive that it is quite uncomfortable.

I have several times thought seriously of getting up some arrangement for gradually dissipating the charge on one's body, so that we can avoid the unpleasant shock when using the water. It should be stated that this high degree of electrification is not an everyday experience, but it is very common when the thermometer in the room goes below 50 or 40 degrees Fahr.—*Minnesota Cor. Science.*

Sir Joshua Reynolds used to amuse himself in his last days in his house in Leicester-square with a little tame bird, which, like the favorite spider of the prisoner in the Bastille, often served to while away a lonely hour. But this proved a fleeting pleasure, for the same summer morning, the window of the chamber being by accident left open, the little favorite took flight and was irretrievably lost, although its master wandered for hours in the square and neighborhood in the fruitless endeavor to regain it.—*Chambers' Journal.*

Whenever you long to benefit the world by assuming the duties of foot killer remember that charity begins at home.—*Kate Field's Washington.*

NEVER IDLE.

"A million people out of work," says a newspaper, writing of these hard times. Added to this misfortune are the physical infirmities with which thousands have to bear. But there is one thing that is never idle; always at work, unceasingly in search of those thus deterred, it seeks to cure such and help them to grasp a chance when it comes. This is the mission of St. Jacobs Oil. Among the millions there are thousands suffering with neuralgia. For this it is a positive cure. Use it and there will be a thousand sufferers less and a thousand chances more to get work and hold it. Better times may soon come and there is nothing like the great remedy for pain to help you out of painful troubles and into peace again.

Where Astronomy Halls.
To the layman it may be a matter of interest to know that even the great glass of the Lick telescope, with its 36-inch diameter and vast disk, brings into view no discernible surface on any celestial object outside of our solar system; it only marvelously increases the brilliancy of those twinkling points that lie beyond the abyss which the eye must traverse in passing from our solar system to the distant worlds of space. Polaris, Capella, Alcyon, glow from their remote depths only with an intenser brightness. They have never been drawn out of their almost infinite remoteness so as to disclose to human eyes any appreciable surface. When will their awful secrets be made known and the long silence of ages be broken?

It has been supposed that the large telescopes now in existence have nearly attained the maximum of the size within the possible reach of human skill. Here at least on the frontiers of the created universe we must halt and wait until another day may break and the shadows of the present may flee away.—*Exchange.*

Rules of Two Mill Owners.
A mill owner not long ago issued the order that the girls in his employ should not wear laced shoes. The reason he gave was that each one's boots became untied at least 5 times a day and took at least 5 seconds to retie. When these 25 seconds were multiplied by 300—the number of girls in his employ—the loss of time was, he said, too serious to submit to.

Another mill owner, talking over this case, said that he had forbidden visitors because each of his "hands" turned her head to look at them. Computing 20 visitors a day and 2 seconds for the head's turning to each of the 600 employees, made over 6 hours daily wasted in that gesture. Statistics are inexorable things.—*New York Times.*

The Separate Sexes In Flowers.
It has been recently noted, especially in the Dahlia and the chrysanthemum, but incidentally a German author, Hildebrand, has some years ago adverted to, that certain forms of flowers follow the sexual differences. In most composites, for instance, the ray florets of the tubular character are hermaphrodite—have stamens and pistils in the same flower. This is notably the case in the Dahlia and chrysanthemum. The ray florets are strap shaped and are female only. But under the hand of the florist double Dahlias and double chrysanthemums are given to us, the doubling being in these cases nothing more than changing the tubular floret into a strap shaped one.

But the purely pistillate condition follows the regulate corolla, and a purely double dahlia has the whole flower consist of pistils only, the stamens having wholly disappeared with the tubular florets. Just why these coincidents should exist has not yet been explained by vegetable biologists. More attention is now being given to these subjects than formerly, as it is believed their study will throw much light on the laws which regulate the production of the separate sexes in flowers.—*New York Independent.*

LIFE OR DEATH?

It is of vital importance that it should be understood by persons whose kidneys are inactive that this condition of things is finally indicative of a state of the organs which has no hope of balance. Bright's disease, diabetes, albuminuria are all diseases of a very obstinate character in their mature stage, and all have a fatal tendency. One of the most approved remedies of medical science, but opposed at the outset—that is to say, when the kidneys begin to discharge their functions inactively—with Hostetter's Stomach Bitters, the dangerous tendency is checked. Very useful also is this household medicine for those ailments of common occurrence—constipation, biliousness, dyspepsia and nervousness. It is a safeguard against malaria, and averts chronic rheumatism.

"Can I see you apart for a moment?" "You mean alone, don't you?" "Yes, a loan—that's it exactly. I want to borrow five."

SAFE, SURE AND SWEEP.

No external remedy ever yet devised has so fully and unquestionably met these three prime conditions as successfully as ALCOCK'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 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 point of relieving pain and restoring the natural and healthy poise of the system for ALLCOCK'S, and do not be induced to accept a substitute.

For Tired Mothers

"I feel very thankful for what Hood's Sarsaparilla has done for me. I have taken three bottles and the medicine has made a great change. I was all run down from trouble and overwork, and had other complaints connected with my sex at my age, 44 years. Now since taking Hood's Sarsaparilla I am much stronger and am going on as usual."
I would advise all overworked, tired, weak mothers to take Hood's Sarsaparilla to build them up. Mrs. G. W. WARNOCK, Beverly, Nebraska. Remember,

Hood's Sarsaparilla Cures
Hood's Pills act easily, yet promptly and efficiently, on the liver and bowels.

Ely's Cream Balm WILL CURE CATARRH Price 50 Cents. Apply Balm into each nostril. Ely Bros, 55 Warren St. New York.

A World's Tribute.



America Leads the Nations in the March of Progress.

Among the wonders of the World's Columbian Fair the grandest was the exhibit of American products. The Exhibition was, in this respect, an object lesson of the grandeur and glory of the Republic. Among the exhibits from the United States no article of its class stood so high as

Dr. Price's Cream Baking Powder.

The Chief Chemist of the Agricultural Department at Washington, backed by an intelligent jury at the Exposition, found it strongest in leavening power, peerless in its purity and beyond comparison in uniform excellence.

Received Highest Award At the World's Fair.

The award is a matter of official record. Nothing could settle so decisively the immeasurable superiority of Dr. Price's over all other powders as the great honor bestowed at Chicago.

How to Go Up and Down Stairs.

If a girl wants to learn to occupy stairs with a fair amount of self-possession, she can do it. This is a case where practice brings perfection.
To begin with, hold the body erect, whether going up or down. Don't give an imitation of a man with cramps. Hold the body and shoulders in a line horizontal to the flat of the steps. Then don't climb all over. Most women use their elbows for propellers or oars. They jerk themselves up stairs by them. Hold the elbows well down by your side and mount from the knees. It is an art to acquire this, but once gained it is a wonder how one persisted so long in using every joint in the operation.

Don't plant the entire foot with the square of the back and jar the body. In going up stairs press the ball of the foot on the tread of the stairs and secure a spring from that to carry on the next tread. In coming down, poise on one foot and land well forward on the ball and toe of the other foot. And don't, for mercy's sake, toe in. Lift the skirts in front as you mount and leave the skirt hem undisturbed.—*Buffalo News.*

An Odd Southern Name.

Of all the odd appellations that ever came to my notice is one I heard not long since in a little town down in Mississippi—I think it is Hazelhurst. I was passing along a side street one day when a coal black negro appeared from a neighboring doorway and shouted, "Glory! Glory Hallelulah!" I thought the woman was crazy and paused to see just what her form of dementia could be. Looking around a moment, she repeated the call, this time much louder than before. This time I heard the answer from behind a fence: "what yo' want?" "Nebber yo' min, child, what I want; yo' eum yer!" Immediately after these appeared from behind the fence one of the blackest little pickaninnies I ever beheld, and upon inquiring I learned that the child had actually been christened Glory Hallelulah Jones.—*St. Louis Globe-Democrat.*

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 inflamed condition of the mucous lining of the eustachian tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are cured by our method, which is nothing but an inflamed condition of the mucous surface.

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. F. J. CENESEY & CO., Toledo, O.

LEWIS & DRYDEN'S MARINE HISTORY OF THE PACIFIC NORTHWEST.

This exhaustive review of the marine industry is nearing completion; and, as we do not wish to slight any matters of interest to marine men, we would like to hear from you. All data or photographs sent us will be returned as soon as possible. The work will contain accurate accounts of 2,900 steam and sail craft that have made a marine history in the Northwest, detailed accounts of 350 wrecks occurring here, sketches and engravings of all prominent old-time craft and the men who ran them, and hundreds of pages of interesting marine miscellany. LEWIS & DRYDEN PRINTING CO., Portland, Or.

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TAU GERMA for breakfast.

Use Enameline Stove Polish; no dust no smell.

WON'T A SOUR-GOLDEN WEST BAKING POWDER. It makes a light, live, sweet loaf. Dealers sell it on the manufacturers' guarantee. DOLSETT & DEVER, Portland, Or.

PILES Dr. Williams' Indian Pile Ointment will cure Blind, Itching and Bleeding Piles. It absorbs the tumors, always the itching at once, acts as a poultice, gives instant relief. Dr. Williams' Indian Pile Ointment is prepared for Piles and Hemorrhoids of the private parts. Every box is warranted. By druggists, by mail on receipt of price, 50 cents and \$1.00 WILLIAMS MANUFACTURING CO., Proprietors, Cleveland, Ohio.

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Buy your GROCERIES and PROVISIONS of us, and we will save you money. We handle the best goods and deliver free to trains or boats. We buy and sell for spot cash, and sell goods cheaper than any other firm in the country. Send us your name and address, and we will mail you our new price list, which will be out soon. We offer to-day: Dry granulated sugar in 10-lb. sacks for... \$5.50 Best coal oil per case... \$1.85 Portland flour per barrel... 2.15 Arbuckle's coffee per pound... 22¢ Send us a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 148 Front Street, Portland, Or.

"DON'T BORROW TROUBLE." BUY SAPOLIO 'TIS CHEAPER IN THE END.

MALARIA! DO YOU FEEL BAD? DOES YOUR BACK ache? Does every step seem a burden? You need MOORE'S REVEALED REMEDY. Three doses only. Try it.