



ABSOLUTELY PURE.

The most Careful Housewife will use no other.

ROYAL BAKING POWDER CO., 105 WALL ST., NEW-YORK.

Officially reported, after elaborate competitive tests made under authority of Congress by the Chief Chemist of the United States Agricultural Department, Superior to all other Baking Powders in Leavening Strength.

A HOUSE IN A FRET.

Let the mother become sick and helpless, and the house is all in disorder. When both father and mother are down, you may as well close the shutters. Early is brought out of chaos often very easily, and Mrs. John Mallin of South Butte, Mont., February 17, 1893, found an easy way out of her difficulties, as she writes thus: "My husband and I took very bad rheumatism from a severe cold, and my arms were so lame I could not raise them to help myself. I sent at once for a bottle of St. Jacobs Oil, and before the bottle was half empty I could go about my work. My husband became so lame he could not get out of bed. Two and a half bottles completely cured him. I will always praise St. Jacobs Oil, and you may use what you see fit." This is a clear case of what is best at the right moment, and how every household can be made happy where pain abounds.

JUST BEFORE RETIRING.

How to Insure Peaceful and Refreshing Slumber and a Sweet Mouth. A warm bath, a light lunch and a clean mouth before retiring are good things to take. They promote sleep and a "clean" tongue in the morning. What this lunch should be the consumer must decide. The juice of a couple of oranges, half a grape fruit, a cup of tea with dry toast, a sandwich and glass of ale, cup of hot bouillon, biscuit and a glass of sherry, crackers with milk and vichy, or a bowl of bread and milk is the choice of as many different people, all healthy and handsome. The best thing in the morning after a cold plunge or sponge bath is a cup of hot tea or coffee with a little lemon juice. The earlier this draft is taken the better. It should precede the breakfast by at least half an hour. This is prime for the alimentary canal. It is a comfort to the stomach, and puts the digestive organs in order. A cup of hot milk is also prescribed, and even hot water the first thing in the morning is not bad. For anything but the abusive cup of cold water the poor stomach will be grateful. If an appetite for breakfast is wanted, if the time permits, take a walk to the corner, alone, inhaling and forcibly exhaling the air through the nostrils. No \$10 cure in therapeutics can compare with this.—New York World.

FOR MODERN COOKING.

As a matter of useful information it may be stated that whenever a cooking receipt calls for a baking powder the "Royal" should be used. The receipt will be found to work better and sure, and the bread, biscuits, rolls, cakes, dumplings, crusts, puddings, crullers or whatever made will be produced sweeter, lighter, finer flavored, more dainty, palatable and wholesome. Besides the "Royal" will go further or has greater leavening power, and is therefore more economical than any other powder. Many receipts as published still call for cream of tartar and soda, the old-fashioned way of raising. Modern cooking and expert cooks do not sanction this old way. In all such receipts the Royal Baking Powder should be substituted without fail. The greatest adepts in the culinary art are particular to use the Royal only, and the authors of the most popular cook books and teachers of the successful cooking schools, with whom the best results are imperative, are careful to impress their readers and pupils with the importance of its exclusive employment. The Royal Baking Powder is the greatest help of modern times to perfect cooking, and every receipt requiring a quick-raising ingredient should embody it.

LETTERS FIVE HUNDRED YEARS OLD.

Ancient specimens of letters are shown in the Hof museum at Vienna. One is dated 1390. It consists of a large sheet of ribbed white paper folded in three. A band of paper was passed round the outside and through a slit in one edge, being then fastened with soft wax. A small piece of thin paper was laid on the wax and the seal pressed on the paper, not directly on the wax. A somewhat similar arrangement is found in a letter of the year 1446, which was written by the town counselor of Munich to the burgo-master of Rastenburg in the Tyrol, in order to obtain information concerning a man accused of bigamy. In the sixteenth century people in the Tyrol and Bavaria used bands of vellum or cords, fastened with wax. Letter caps separate round and oblong wafers. The use of the encircling band continued in Austria generally to 1750, or thereabout, and probably reached this century among conservative people. The first envelope of the modern type in this collection belongs to the year 1715.

A MATTER OF TASTE.

She—But how can you think I'm pretty when my nose turns up so? He—Well, all I have to say is that it shows mighty poor taste in backing away from such a lovely mouth.—Standard.

BEFORE A FULL HEAD OF STEAM.

It is gathered by that tremendously destructive engine, making and on the brakes with flowers for a stomach. Bitter, which will check its progress and avert disaster. On it and fever, it is a relief, dunn's cure and green cake are pronounced by the best medical authorities. It is a specific, which is also a comprehensive family medicine, speedily useful in cases of dyspepsia, biliousness, constipation, sick headache, nervousness, rheumatism and neuralgia. Against the harmful effects of sudden changes of temperature, exposure in wet weather, close application to laborious mental pursuits and other influences prejudicial to health it is a most trustworthy safeguard. It fortifies the system against disease, promotes appetite and sleep, and hastens convalescence after debilitating and flesh-wasting diseases.

BAKON NEARLY AS GOOD AS BUTTER.

Next to sweet, fresh butter, as a digestible fat, comes bacon, which, when delicately broiled, is as delicious as it is nutritious. It is said to be the process of curing that changes pork which in its fresh state is so hard for a delicate stomach to assimilate. The fiber is so close that the digestive fluids do not readily act upon it. Mrs. Abel, who is an authority on the chemistry of foods, says, "Bacon has come to rival cod liver oil as a cure for consumption."

A WELL KNOWN WOMAN WRITER.

Mrs. Eva Wilder McGlasson is one of the most remarkable women of the age. Not only is she remarkable for her brilliancy, but on account of her extreme youth and the ease with which she has attained the pinnacle of fame. Mrs. McGlasson is still less than 24, and yet she has written and published two successful books. She is a pensive and exhibits the fresh, intelligent charm of an extremely bright schoolgirl.—Exchange.

HOW TO CLEAN OIL PAINTING.

If oil paintings have been wiped or specked, they may be cleaned by rolling them off with a cloth dampened with warm water. Do not use soap and do not rub hard, but a careful washing will brighten the colors without harming the paint in the least.

The firm of E. L. G. Steele & Co. of San Francisco secured by its cession the property in a trade mark known as "Diamond L," which had been patented in 1871 by C. Adolph Low & Co. Under that brand and trade mark E. L. G. Steele & Co. had sold a tea which had become known far and wide for its excellence and in which they had built up a heavy trade. In 1888 the sales of the tea had fallen off so heavily that the firm set an inquiry afoot and discovered that Lievre, Frick & Co. of San Francisco were selling a spurious tea under that brand. E. L. G. Steele & Co. compelled them to confess and to promise not to repeat the offense. They appear not to have kept their agreement, however, as this week E. L. G. Steele & Co. brought an action against the same firm, alleging infringement and demanding \$50,000 damages. All honest dealers who have built up a business on fair dealing will lend their moral support to the punishment of all such rascality as this. Men who confess their own lack of ability by endeavoring dishonestly to prosper at the expense of more worthy and successful men, and at the same time defraud the community, are enemies of the community and of all honest merchants. E. L. G. Steele & Co. have always been one of the sound and trustworthy institutions of San Francisco, and so long as they had a fair field they could not do otherwise than prosper. A stab in the back, however, is a form of competition in which their integrity does not permit them to embark, and their only recourse is expensive and annoying litigation to protect themselves.

NEW WAY EAST—NO DUST.

Go East from Portland, Pendleton, Walla Walla via O. R. & N. to Spokane and Great Northern Railway to Montana, Dakotas, St. Paul, Minneapolis, Chicago, Omaha, St. Louis, East and South. Rock-baltast track-line scenery new equipment Great Northern Palace Sleepers and Dining; Family Tourist Cars; Buffet-Library Cars. Write C. G. Donovan, General Agent, Portland, Oregon, or F. J. Whitley, G. & A. B. St. Paul, Minn., for printed matter and information about rates, routes, etc.

THE PORTLAND VOCAL FOLIO.

Of thirty-nine selected songs, by mail, 50 cents. (Stamps taken.) Address Wiley B. Allen Co., 211 First St., Portland, Or.

A NEW CATALOGUE.

The Sunnet Seed and Plant Co., San Francisco, the leading nursery firm on this coast, has in press a Fruit Tree Catalogue and Price List that will be of great interest. It is handsomely illustrated and printed in clear type on good paper. Copies can be had on application.—S. F. Commercial News and Shipping List, December 13.

CATARRH CANNOT BE CURED.

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease, Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prepared by one of the best physicians in the country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials.

F. J. CHENEY & CO., Props.

Sold by druggists; price, 75 cents. Toledo, O.

USE ENAMEL GLOSS POLISH; NO DUST NO SMELL.

TRY GERMA for breakfast.

DR. PIERCE'S Golden Medical DISCOVERY

Cures Ninety-eight per cent. of all cases of Consumption, in all its Earlier Stages.

Although by many believed to be incurable, there is the evidence of hundreds of living witnesses to the fact that in all its earlier stages, consumption is a curable disease. Not every case, but a large percentage of cases, and we believe fully 90 per cent. are cured by Dr. Pierce's Golden Medical Discovery, even after the disease has progressed so far as to induce repeated bleedings from the lungs, severe lingering cough with copious expectoration (including tubercular matter), great loss of flesh and extreme emaciation and weakness.

Do you doubt that hundreds of such cases reported to us as cured by "Golden Medical Discovery" were genuine cases of that dread and fatal disease? You need not take our word for it. They have, in nearly every instance, been so pronounced by the best and most experienced home physicians, who have no interest whatever in misrepresenting them, and who were often strongly prejudiced and advised against a trial of the "Golden Medical Discovery," that it surpasses in curative power over this fatal malady, all other medicines with which they are acquainted. Nasty, cod-divey and its filthy "emulsions" and mixtures, had been tried in nearly all these cases and had either utterly failed to benefit, or had only secured to benefit a little for a short time. Extract of malt, whiskey, and various preparations of the hypophosphites had also been faithfully tried in vain.

The photographs of a large number of those cured of consumption, bronchitis, lingering coughs, asthma, chronic nasal catarrh and kindred maladies, have been skillfully reproduced in a book of 100 pages which will be mailed to you on receipt of address and six cents in stamps. Address: Forth World's Dispensary Medical Association, Buffalo, N. Y.

My son was afflicted with Catarrh. I induced him to try Ely's Cream Balm, and the disagreeable catarrh smelt all left him. He appears as well as any one.—J. C. Olmstead, Arcola, Ill.

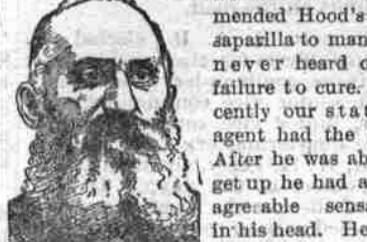
ELY'S CREAM BALM CURES THE COLIC.

ELY'S CREAM BALM opens and cleanses the Nasal Passages, Allays Pain and Inflammation, Heals the Sores, Protects the Membrane from colds, Restores the Senses of Taste and Smell. The Balm is quickly absorbed and gives relief at once. A particle is applied into each nostril, and is absorbable. Price, 50 cents at Druggists, or by mail, 66 Warren Street, New York.

PIKKA self-movable toy novelty; neat, witty, interesting; Price, 10c per pair. Send for a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 146 Front Street, Portland, Or.

Indigestion Cured

"I suffered with indigestion. Food distressed me very much. I took Hood's Sarsaparilla after meals, and before one bottle was gone I could eat heartily without distress. I have recommended Hood's Sarsaparilla to many of my friends, and I never heard of its failure to cure. Recently our station agent had the grip. After he was able to get up he had a disagreeable sensation in his head. He said it felt as large as a Mr. John Bennett stove, and he was unable to perform his duties. He took Hood's Sarsaparilla, and after using one and a half bottles he was fully cured. Truly, there is no humbug about Hood's Sarsaparilla."—JOHN BENNETT, Sunman, Ind.



This statement is corroborated by Bigny & Co., druggists, Sunman, Ind.

Hood's Sarsaparilla Cures

Hood's Pills are purely vegetable, perfect ly harmless, always reliable and beneficial.



AN Agreeable Laxative and NERVE TONIC. Sold by Druggists or sent by mail, 25c., 50c., and \$1.00 per package. Samples free.

KO NO

The Favorite TOOTH POWDER for the Teeth and Breath, 50c.

CONSUMPTION

Is not inherited. It develops only when lungs are weak and the system run down.

Scott's Emulsion

the cream of Cod-liver Oil, often cures Consumption in its early stages and always prevents it. Coughing is stopped, Lungs are strengthened and the system built up. Physicians, the world over, endorse it.

Don't be deceived by Substitutes!

Prepared by Scott & Bowen, N. Y. All Druggists.

MEN DR. LIEBIG & CO., Special Doctors for Chronic, Private and Wasting Diseases.

Dr. Liebig's Investigator the greatest remedy for Sexual Weakness, Loss of Marrow and Private Diseases, Gleet, Gonorrhoea, and all other ailments for marriage life, duties, pleasures and responsibilities. \$1 trial bottle free. Send for full and complete description, call or address 409 Geary St., private entrance 405 Mason St., San Francisco.

HERCULES ENGINE Gas or Gasoline

A Positive Power. Requires No Licensed Engineer. Your Wife Can Run it. PALMER & REY, San Francisco, Cal. and Portland, Or. No Batteries or Electric Spark.

MRS. WINSLOW'S SOOTHING SYRUP FOR CHILDREN'S TEETHING

Prepared by Dr. J. C. Winslow, 233 N. 3rd St., New York.

WON'T SOUR GOLDEN WEST BAKING POWDER.

It makes a light, lively, yeast loaf. Dealers sell it on the manufacturers' guarantee, OESBET & DEVERS, Portland, Or.

SMOKE Sweet Virginia PLUG CUT

FRAZER AXLE GREASE

BEST IN THE WORLD. Its wearing qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from animal oils. GENUINE GENUINE. FOR SALE BY OREGON AND PACIFIC COAST DEALERS GENERALLY.

PIKKA self-movable toy novelty; neat, witty, interesting; Price, 10c per pair. Send for a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 146 Front Street, Portland, Or.

"WHERE DIRT GATHERS, WASTE RULES." GREAT SAVING RESULTS FROM THE USE OF

SAPOLIO

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

HOW TO SAVE MONEY.

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 sent soon. We offer to day: Glimax tobacco, 40 cents per pound. Best granulated sugar in 10 lb. sacks for \$1.35 00 Best coal oil per case \$1.80 Best brands of flour per barrel \$1.25 00 Best quality coffee per pound \$1.25 00 Send us a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 146 Front Street, Portland, Or.

Mothers, Wives and Sisters

The Divine Influence of Home is in Your Keeping. It is a Sacred Trust. If you will remember that

ALCOHOLISM

Is a disease, and will use your loving influence to have the Patient take a Cure, there will be Sunshine where Sorrow now dwells.

THE FITZ CURE

Comes as a friend in time of need. It is safe, Reliable, and a Sure Cure. Can be taken at home. No loss of time; no publicity.

Correspondence Confidential. The Cure Guaranteed. Price, \$25.00.

N. J. STONE & CO., Room 7, Flood Building, S. F., Cal., General Agents for Pacific Coast.

WALTER BAKER & CO.

The Largest Manufacturers of PURE, HIGH GRADE COCOAS AND CHOCOLATES. On this Continent, have received HIGHEST AWARDS from the great Industrial and Food EXPOSITIONS in Europe and America.

Valley the Dutch Process, no Alkali used in any of our preparations. Their delicious BAKER'S BEST COCOA is absolutely pure and soluble, and costs less than one cent a cup.

SOLD BY DRUGGISTS EVERYWHERE. WALTER BAKER & CO. DORCHESTER, MASS.

R. HALL'S PULMONARY BALSM

The Best CURE for Coughs, Colds and Consumption. Sold by all Druggists. Price, 50 cents. J. B. GATES & CO., Proprietors, 417 Sansome St., S. F.

Leave Doubtful Seeds alone. The best are easy to get, and cost no more. Ask your dealer for

FERRY'S SEEDS

Always the best. Known everywhere. Ferry's Seed Annual for 1905 tells you what, how, and when to plant. Sent Free. Get it. Address D. M. FERRY & CO., Detroit, Mich.

CHICKEN RAISING PAYS

If you use the Petaluma Incubator & Brooder, you can make money while others are wasting time by old processes. Catalogue tells all about it, and describes every article needed for the poultry business. 48 Page Illustrated Catalogue FREE.

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mechanically the best in the world. Petaluma, Cal. Agents, Bicycle Catalogue Agents. Bicycle Catalogue Agents. Petaluma, Cal. Full description, price, etc. (Across way from PETALUMA INCUBATOR CO., Petaluma, Cal. BRANCH HOUSE, 251 S. Main St., Los Angeles.

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The most wonderful achievement in Medical Science. The only acknowledged remedy for all ailments. Send for a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 146 Front Street, Portland, Or.

EVERY MARRIED WOMAN SHOULD KNOW

That "BEAURO" is the greatest boon to them ever discovered. All druggists. Price \$1.00 and 45 per box. Every box guaranteed. Send 2-cent stamp to WILBUR'S SAFETY PACKET CO. for private circular. P. O. Box 106, Portland, Or.

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

HOW TO SAVE MONEY.

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 sent soon. We offer to day: Glimax tobacco, 40 cents per pound. Best granulated sugar in 10 lb. sacks for \$1.35 00 Best coal oil per case \$1.80 Best brands of flour per barrel \$1.25 00 Best quality coffee per pound \$1.25 00 Send us a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 146 Front Street, Portland, Or.

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