# **Does Your Baking Powder** Contain Alum?

Prof. Geo. F. Barker, M. D., University of Penn .: "All the constituents of alum remain (from alum baking powders) in the bread, and the alum itself is reproduced to all intents and purposes when the bread is dissolved by the gastric juice in the process of digestion. I regard the use of alum as highly injurious."

Dr. Alonzo Clark : "A substance (alum) which can derange the stomach should not be tolerated in baking powder."

Prof. W. G. Tucker, New York State Chemist : "I believe it (alum) to be decidedly injurious when used as a constituent of food articles."

Prof. S. W. Johnson, Yale College: "I regard their (alum and soluble alumina salts) introduction into baking powders as most dangerous to health."

In view of such testimony as this, every care must be exercised by the housewife to exclude the over and over condemned cheap, alum baking powders from the food.

> Baking powders made from cream of tartar, which is highly refined grape acid, are promotive of health, and more efficient. No other kind should be used in leavening food. Royal Baking Powder is the highest example of a pure cream of tartar powder.

#### ROYAL BAKING POWDER CO., NEW YORK.

The Advantage of One Eye. During the late Spanish-American the most westerly point of England, he applied for admission to one of the

New York volunteer reigments. Filled with wrath and chagrin the

The extreme point of Land's End, war a certain old colonel who had lost has been described as resembling the have charge of the troop transports an eye at the battle of Gettysburg was head of an aligator descending into the complain of the lack of coaling facilvery indignant because he was put sea. A natural tunnel runs right ities and the annoyances which suraside as physically incapacitated, when through it, and is about 60 feet high. round the replenishing of the fuel sup-Why it Succeeds.

There is nothing remarkable about involves great delay, troops being comcolonel journeyed to Washington, bent the grand success that attends the Orecolonel journeyed to Washington, bent the grand success that attends on having a personal interview with gon Industrial Exposition at Portland, long trips to the coal pile and back. the president. He succeeded in gain. for it is backed up by the enterprising The distance required to go for fuel ing an audience, and the president, business men of Portland, who spare is 70 miles, and the period taken for after listening to his plea, said, kindly: no expense to make the great fair a this owned, and the period taken for

Poor Facilities for Coaling. Army officers in the Philippines who ply of such ships. They write the war department that the present method

tes caught a compositor.

For the Children.

Improved Train Equipment.

in 14 days.

for another ride.

Portland.

The

red baby.

TREMENDOUS EXPANSION. A "HOT" COLD BANQUET.

The Volume of Business Is Still Grow Some Inside Information by a Waiter From the Bowery Who Belped to ing in All Lines.

R. G. Dun & Co.'s weekly review Serve It. says: September is the 12th consecu One of the waiters at a popular local tive month in which the volume of restaurant is a bird of passage from the Bowery and was a member of the business, both at New York and outsmall army that served the famous side of New York, has been greater "Dollar Dinner" in New York last than the same month of any previous April. A good many stories have been year. In the 12 months, payments told of that memorable event, but none through clearing houses have been of them surpass his own in point of \$89,600,000,000, against \$61,200,000,picturesqueness and inside detail. "It 000, in 12 months, ending with Sep was the funniest push I was ever in tember, 1892, an increase of \$28,400, in me life," he says, confidentially. 000,000, over 46 per cent. When the tremendous expansion be-

"The kitchen was so small they had to cook everything on the outside, and gan, men called it replenishment of when it got there it was dead cold. long-depleted stocks, then for a time it The second course was haddock, and was called a crazy outburst of specula each fish come served in a linen bag. tion, and when demands still expand so we could put 'em in tubs of hot ed, some permanent increase of busiwater and warm 'em up-see? Well, noss was recognized as a result of increased population, earning better some of the boys got rattled and served em bags and all, with egg sauce over wages. But the demand still grows, th' outside. Say, you'd of died laugh- now ranging about 60 per cent greater ing seeing them fellers tryin' to carve than in 1892, while population, according to treasury estimates, is 16 per 'This is the toughest auld their fish. haddock I iver tackled in me life,' says cent greater, and wages equal, if not over 10 per cent greater. A reconone Tammany man at the head table; 'it's got a skin like a rhinoceris,' says struction of business and industries, of producing and transporting forces, is In the kitchen there was a riot all night long. It was so small the in progress throughout the land, with waiters couldn't reach the dishers-up results which none can now measure. and they got to scrapping for front The wool market is active, with a general advance, aggregating about 1/4 places in the line. One man was knocked stiff with a turkey, and when cent on washed fleece combing, the entire list quoted by Coates Bros, probathey picked him up I thought he was I did, on the level. But it bly averages about 1/4 cent higher. dead. Cotton opened the crop year at 6.25 wasn't blood. It was only cranberry sauce. Another flunkey fell into the cents and has risen to 6.87, although salad and one of the cooks put a can of about a quarter more has come into ice cream in the oven, thinking it was sight than last year from the greatest brown gravy for the beef. That's on the square-just as I'm telling you! But the worst of all was when we came 000 bales greater than a year ago. to the wine. It was 'Merican cham-Corn is unchanged in price, and still pagne in half pints, without ice, and of in large foreign demand, exports havall the kicking and hollering! One fresh gent told me it was the only ing been in four weeks 12,155,904 bushels, against 8,133,641 last year. thing he had had that night that was good and warm, and he hardly said it when a waiter that was a little jagged accidently poured about a quart of boil-Wheat-Walla Walla, 59@60c; Valin' coffee down the back of his neck. ley, 59@60c; Bluestem, 61@62c per Say, you ought of heard him cuss. Between you and me, a good many

waiters got to hitting the wine, and they found one of 'em with 15 empty bottles in his pants leg. That's hon-est. I saw it myself. It was the hot-test banquet I was ever at."-N. O! Times-Democrat.

#### The Philippine War

Is proving more stubborn than anticipated. It needs a vigorous contest to straighten matters out. We should tackle the Philippines and overcome them as Hostetter's Stomach Bitters does dyspepsia, indiges-tion, malaria, fever and ague. The battle tion, malaria, fever and ague. The battle is short and decisive, and for fifty years the Bitters have always won.

### FLINGS AT WOMANKIND.

#### Some of Which Smack Just a Little Bit of the Truth.

A girl was visiting in town who has a dress trimmed with four miles of lace, and her hostess is thinking of giving a reception for it.

A woman who knows how easily the men can be fooled tells everyone who kisses her that it is the first time she was ever kissed by a man.

It occurs to a man with some wonder that his wife never got up as much enthusiasm over him when she was a bride as she gets up over the new little

When a woman doesn't know of anything else nice to say about another 15c per dozen. woman she says she has such "cute little ways," Every unhappy woman takes pleasure gone long enough while taking on coal 30c per pound. in thinking of the time when he will come back, and it will be too late. A good many girls have the notion that some day they may be compelled to sell their hair and pay off the mortgage on the family homestead, as the story books relate. An Atchison girl Port Patrick is the nearest place on who had very beautiful hair became the coast of Scotland to that of Irevery poor and agreed to sell it for \$3. land, the channel being only 21 miles After the hair had been cut off the purdell, B. S. Pague, General O. Sum- across-about the same distance as that chaser refused to take it, saying she could get a switch for \$2 in Kansas has the reputation of being the tradi- City that would answer .- Atchison tional point at which St. Patrick land- Globe.



Send us your address on a Postal and we will mail you our illustrated Announcement Number, containing a full prospectus of the Contributors

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and Contributions engaged for the new volume.

# THE YOUTH'S COMPANION, Boston, Mass.

To Do Away With Ear

away with the necessity of ca

the receiver can be carried

pocket except when wanted.

then to be placed to the car ex-

is an ordinary telephone receiver

whole apparatus is worked by a

electric battery, which also finds

place in the pocket. Not only is:

new apparatus more convenient the

the old-fashioned ear trumpet, but it)

Fair at Portland.

A telephone has been invented

#### What He Had. Guest-What have you got?

crop on record, and stocks here and Waiter---I've got liver, calf's brains, deaf people which is intended to abroad commercial and bill, are 658,ig's feet-"I don't want a description of your large and clumsy ear trumpets wh

physical peculiarities. What you have are now in common use. The new got to eat is what I want to know."vice consists of a small tra which is fastened to the coat. Boston Traveler

#### Amateur Art.

In these days, when so many people have cameras, a great many good pictures are produced, and the amateur photographers of the world are now competing for cash prizes at the Oregon Industrial Exposition at Portland. Many good pictures are on exhibition.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE 52.00 trial bottle and treatise. Dit, R. H. KLINE, Ltd., 980 Arch street, Philadelphia, Pa. claimed by the inventor that it entily does away with the necessity of tal

Anthracite coal on Bellingham bay has been found to be big discovery.

Mothers will find Mrs. Winslow's Sooth-

Cleveland high school teachers earn

\$800 a vear.

\$ 100 per dozen; hens, \$ 100; springs, \$ 500 a year.
\$ 2.00@3.50; geese, \$ 6.50@8 for old;
\$ 4.50@6.50 for young; ducks, \$ 4.50@
\$ 5.50 per dozen; turkeys, live, 12½@
\$ 14c per pound.
\$ Potatoes—50@65c per sack; sweets,
\$ 2@2½c per pound.
\$ 2@2½c per pound.
\$ 2@2½c per pound.
\$ Yegetables—Beets, \$1; turnips, 90c;
\$ flower, 75c per dozen; parsnips, \$1;
\$ heans, 5@6c per pound; cellery, 70@
\$ 75c per dozen; cucumbers, 50c per box; pers, 3@4c per pound; to local treatment, It all's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, it is the only constitutional eure on the market.
\$ 11 tis taken internally in dores from the blood and muccus surfaces of the system. They offer our hources of the system. They offer our circulars and testimonials. Address.
\$ 25c per dozen.
\$ 25c per dozen.
\$ 26d by Druggists, 76c.
\$ 25c per dozen.

There are in Boston 44

born in British America,

Ontario, Nova Scotia, New Brun

bushel. Flour-Best grades, \$3.25; graham, \$2.65; superfine, \$2.15 per barrel. Oats-Choice white, 34@35c; choice gray, 33@34c per bushel. Barley-Feed barley, \$15@1616

PACIFIC COAST TRADE.

Portland Market.

brewing, \$17.50 per ton. Millstuffs-Bran, \$17 per ton; middlings, \$22; shorts, \$18; chop, \$16 per ton.

Hay-Timothy, \$8@9.25; clover, \$6 @8; Oregon wild hay, \$6 per ton. Butter-Fancy creamery, 45@47%c seconds, 35@40c; dairy, 30@35c store, 22%@27%c.

Eggs-20 %c per dozen.

Cheese-Oregon full cream, 13c; Young America, 14c; new cheese 10c per pound.

Poultry-Chickens, mixed, \$3.50@ .00 per dozen; hens, \$4.00; springs, \$2.00@3.50; geese, \$6.50@8 for old

Sold by Druggists, 75c. Hall's Family Pills are the best.

insured for \$3,000,000.

When

Pain

Racks

the

Body

Tank Long, who lives near Lennor

Mich., says : "I was taken with a pain in my back, and I was obliged to take to my bed. The physician pronounced

my case muscular rheumatism ac-companied by lumbago.

"I gradually became worse, until I

"I gradually became worse, until I thought death would be welcome re-lease. I was finally induced to try Dr. Williams' Pink Pills for Pale Peo-ple, and after using five boxes, was intirely cured. "I am confident that Dr. Williams' Pink Pills saved my life. I will gladly unswer inquiries concerning income

Answer inquiries concerning my ness and wonderful cure stamp be enclosed for repl "FRAM Bwern to before me Mich., this 15th day of Apr G. B. GOLDSMITH, Justice of the Peace. -From the Observer. F. when Mich

-From the Observer, Flushing, Mich

Dr. Williams' Pin's Pills for Pale People are never sold by the dozen or hundred, but always in packagos. At all druggists, or direct from the Or. Williams Medicine Co. Schensclady, N. Y., 60 cents per box, 6 boxes \$2.60.

ONSUMPTION

----- wine were word was and a sort City.

WHERE ALL ELSE FAILS. In Syrup. Tastes Good. Use In. Sold by druggists.

ing in a loud tone of voice .--- Chica Tribune The music at the Oregon Industri Exposition is simply grand. It is) Rochester marble cutters and and the source of the fair of the source ng Syrup the best remedy to use for their hildren during the teething period. Bennett's full military band, gives popular classic concert

have only one eye!"

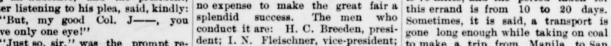
"Just so, sir," was the prompt rejoinder, "but can't you see the great advantage of my having only one eye? When I aim my gun I shan't have to close the other!"

He fought at Santiago. - Youth's Companion.

Trip to Portland.

Now that the heat and dust of summer are past and gone, there is real pleasure in travel, and no trip can give more pleasure or profit than a trip to Portland to attend the Oregon Industrial Exposition, which runs in Portland from September 28 to October 28. All the railroad and steamboat lines are giving specially low excursion rates, and the fair is well worth visiting.

is the sheep.



dent; I. N. Fleischner, vice-president; to make a trip from Manila to San R. J. Holmes, treasurer; W. S. Stru- Francisco. It is probable there will be ble, secretary; E. C. Masten, assistant an official inquiry into the system, and secretary; H. E. Dosch, auditor; some arrangements made by which the George L. Baker, superintendent; J. transports can be coaled with greater P. Marshall, Ben Selling, H. L. Pit- facility.

tock. D. Solis Cohen, C. B. Williams, Dan McAllen, A. B. Steinbach, J. E. Thielsen, D. M. Dunne, R. C. Judson,

L. M. Spiegl, Sig. Sichel, H. D. Ramsmers, Col. I. N. Day, George Fuller, which separates Dover from Calais. It Captain E. S. Edwards.

If a child needs nourishment one of ed from Ireland. the simplest forms in which it can be taken is by the raw whites of eggs. Thsee are nutritious and easily digested. The white is broken into a jar

with what milk is desired and the two The least troublesome and most pro- shaken thoroughly together. A pinch fitable animal to raise in this country of salt may be added before drinikng, if preferred.

Will Run Automobile Line.

Unable to obtain an electric railway The first Australian newspaper, the or to induce the Big Four Railroad Sydney Gazette, was published March company to improve the service north 5, 1803, 15 years after the rise of the of Wabash, Ind., the citizens of North colony. The delay was caused through Manchester have taken briskly in hand there being no printers among the the matter of buying an automobile to convicts, who represented every prorun between Wabash and that place, 14 fession, including the legal. The plant miles. There is a great deal of travel was brought out in the first fleet, but to Wabash, the county seat, from that it could not be used until the authoriportion of the county, but the Big Four

does not run its trains to accommodate A snail's pace was carefully observed it. Negotiations are now on for a in Florence, Italy. Several of the mol-luscs were placed between two points horseless carriage with which it is proposed to make three or four round ten feet apart, and started. It was ascertained that the fastest snail in trips a day, carrying passengers for 75 cents both ways. If the project sucthe race traveled at the rate of a mile ceeds the carriage will be put on this fall and will be the first application of the automobile.

management of the Oregon In-Irony. "Did ye iver notice a mon from St. dustrial Exposition at Portland has provided well for the children, whom we Louis?" inquired the janitor philosopher. "Will, if ye didn't it's worth have with us always, and whose lives yer whoile. Up th' boulevard he struts should be brightened. The feature of wid hid ilevated. Suddinly thor's a the fair that gives them the most enbig commotion an' he's lifted off his joyment is the big steam merry-gofate by an autymobile. He picks himround. They never tire of it, and as silf up, goes home an' tills his friends they dismount from their prancing steeds they are always happy and ready th' horseliss carriages av Chicago are run by jackasses; but thot th' jackasses are insoide. Oh, he's a bitter lobster.'

-Chicago Evening News.

The O. R. & N. and Oregon Short There is nearly \$13,000,000 in the Line have added a buffet, smoking and United States treasury, the proceeds of sales of cotton which fell into the library car to their Portland-Chicago through train, and a dining car service federal hands during the civil war. has been inauguarated. The train is This money belongs to the owners of equipped with the latest chair cars, the cotton or their heirs, if they can day coaches and luxurious first-class prove their claims.

There are about 500 species of humming birds, all natives of America, and most of them confined to Central

> The secretary of the Massachusetts board of health has issued the statement that codfish is as nutritious as sirloin steak or oleomargarine.

"The Prudent Man Setteth His House in Order."

Your human tenement should be given even more careful attention than the house you live in. Set it in order by thoroughly renovating your whole system through blood made pure by taking Hood's Sarsaparilla. Then every organ will act promptly and regularly.



Hops-11@13c; 1897 crop. 4@6c. Wool-Valley, 12@13c per pound;

and a half to build, having been begun Mutton-Gross, best sheep, wethers and ewes, 3 ½c; dressed mutton, 6 ½ @ in 1248 and finished in 1880. Its style 7c per pound; lambs, 71/2c per pound. of architecture is Gothic, and it has Hogs-Gross, choice heavy, \$5.00; eight chapels, which contain the relight and feeders, \$4.50; dressed, mains of eight archbishops, and the skulls of "the three wise men of the \$6.00@7.00 per 100 pounds. Beef-Gross, top steers, \$3.50@4.00; East." The Church of St. Ursula is cows, \$3.00 @ 3.50; dressed beef, 6 @ 7c decorated inside with the bones of

per pound. Veal-Large, 6%@7%c; small, 8@ 8½c per pound. the Huns.

Seattle Markets. Onions, new, \$1.25@1.50 per sack. Potatoes, new, 75c@\$1. Beets, per sack, \$1.10. Turnips, per sack, 75c. Carrots, per sack, 90c. Parsnips, per sack, 90c. Cauliflower, 75c per dozen. Cabbage, native and California, \$1 inches deep.

@1.25 per 100 pounds. Peaches, 65@80c. Apples, \$1.25@1.50 per box. Pears, \$1.00@1.25 per box. Prunes, 60c per box. Watermelons, \$1.50. Cantaloupes, 50@75c. Butter-Creamery, 27c per pound;

dairy, 17@22c; ranch, 12%@17c per pound. Eggs-27c.

Cheese-Native, 13@14c. Poultry-15c; dressed, 16 %c. Hay-Puget Sound timothy, \$7@9; choice Eastern Washington timothy, \$14.00

Corn-Whole, \$23.50; cracked, \$23; feed meal, \$23.

Barley-Rolled or ground, per ton, \$21; whole, \$22.

Flour-Patent, per barrel, \$3.50; blended straights, \$3.25; California, \$3.25; buckwheat flour, \$3.50; graham, per barrel, \$3.60; whole wheat flour, \$3.00; rye flour, \$3.75. Millstuffs-Bran, per ton, \$15.00;

shorts, per ton, \$16.00. Feed-Chopped feed, \$20.50 per ton;

middlings, per ton, \$22; oil cake meal, per ton, \$35.00. San Francisco Market.

Wool-Spring-Nevada, 12@14c per pound; Eastern Oregon, 10@14c; Valley, 17@19c; Northern, 8@10c. Hops-1899 crop, 10@121/c per

pound. Onions-Yellow, 75@85c per sack.

Butter-Fancy creamery 26@26 1/2c; do seconds, 23@25c; fancy dairy, 21 @23c; do seconds, 18@20c per pound. Eggs-Store, 21@25c; fancy ranch, 82@ 33c.

Millstuffs - Middlings, \$17.50 @ 19.50; nran, \$16@17.

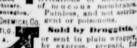
Hay-Wheat \$6@9.25; wheat and oat \$6.50@8.00; best barley \$5.00@ 7.00; alfalfa, \$5.00@6.75 per ton; straw, 20@35c per bale.

Potatoes-Early Rose, 40@50c; Oreon Burbanks, \$1.25@1.50; river Burbanks, 40@65c; Salinas Burbanks, 90c@\$1.10 per sack.

Citrus Fruit-Oranges, Valencia, \$2.75@3.25; Mexican limes, \$4.00@ 5.00; California lemons 75c@\$1.50; do choice \$1.75@2.00 per box.

Tropical Fruits-Bananas, \$1.50@ PISO'S CURE FOR 2.50 per bunch; pineapples, nominal; Persian dates, 6@6%c per pound.





## DR. GUNN'S MPROVED PILLS ONE FOR A DOSE, Cure Sick Headache

od. Aid 1/1 tion and Prevent Bil sample free, or full box for 25c. DR. BOSANKO CO., Philada., Ponna. Sold by Druggists.



is form, as well as Blind, Bleeding or I es are cured by **Or. Bosanko's** Pile opsitching and bleeding. Absorbs the at druggists or sent by pail. Tradieo About your case. DR. BONANKO, Ph

N. P. N. U. NO. 41-'99.

WHEN writing to advertisors please

Santiago and the author of "The Santitaking Pe-ru-na for some time for caago Campaign," in speaking of the tarrh, and have found it an excellent great catarrh remedy, Pe-ru-na, says: "I join with Senators Sullivan, Roach medicine, giving me more relief than anything I have ever taken .- W. V. and McEnery in their good opinion of Sullivan, Oxford, Miss." Pe-ru-na. It is recommended to me by those who have used it as an excellent tonic and particularly effective

JOE WHEELER'S CHARGE AT

**CEN. JOE WHEELER** 

PRAISES PERUNA,

The Great Catarrh Cure.

as a cure for catarrh." United States Senator McEnery. Senator from Louisiana, says the follow- markably efficacious as a cure for the

Major-General Joseph Wheeler, com-

manding the cavalry forces in front of

ing in regard to Pe-ru-na: 'Pe-ru-na is an excellent tonic. I

have used it sufficiently to say that I kota." believe it to be all that you claim for A free book on catarrh sent to any Louisiana."

The microbes that cause chills and fever and malaria enter the system through mucous membranes made porous by catarrh. Pe-ru-na heals the mucous membranes and prevents the entrance of malarial germs, thus preventing and curing these affections.

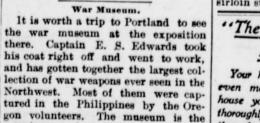
United States Senator Roach. "Persuaded by a friend, I have used Pe-ru-na as a tonic, and am glad to testify that it has greatly helped me in strength, vigor and appetite. I have Hon. S. D. McEnery, United States been advised by friends that it is re-

United States Senator Sullivan.

"I desire to say that I have been

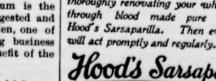
almost universal complaint of catarrh. -W. N. Roach, Larimore, North Da-

it .- S. D. McEnery, New Orleans, address by The Pe-ru-na Drug Manufacturing Co., Columbus, Ohio.



carrying out of an idea suggested and followed up by Dan McAllen, one of Portland's most enterprising business men, and it is all for the benefit of the monument fund.

Paris is to have a 350-foot high umbrella.



any O. R. & N. agent, or address W. H. Hurlburt, General Passenger Agent,

and ordinary sleepers. Direct connection made at Granger with Union Pacific, and at Ogden with Rio Grande line, from all points in Oregon, Washington and Idaho to all Eastern cities. and South America. For information, rates, etc., call on