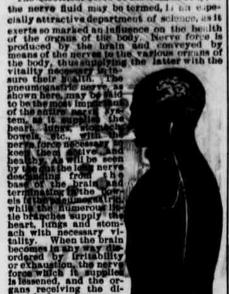
The electrical force of the human body, as the nerve fluid may be termed, I an expe-



while the numerous live the branches supply the heart, lungs and stomach with necessary visuality. When the brain becomes in any way disordered by fritability or exhaustion, the nerve force which it supplies a lessened, and the organs receiving the diminished supply are consequently weakened.

Physicians generally fall to recognize the importance of this fact, but treat the organ itself instead of the cause of the trouble. The noted specialist, Franklin Miles, M. D., L.L. B., has given the greater part of his life to the study of this subject, and the principal discoveries concerning is are due to his efforts. Dr. Miles Restorative Nervine, the unrivaled brain and nerve food, is prepared on the principle that all nervons and many other difficulties originate from disorders of the nerveceniers. Its wonderful success in curing these disorders is testified to by thousands in every part of the land.

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FLAGS AND UNIFORMS.

Wherein Colored Men Differ From White Men as to Uniforms and Liveries. Colored servants, who in past years have found pleasure and contentment in attendance at the state camp will learn with dissatisfaction that they can no longer wear the discarded uniforms of either officers or privates, but must atire themselves in the habiliments of ordinary civilians. It is announced that any colored man, acting in the capacity of steward, body servant or helper, who violates this rule will be summarily orlered out of camp. This calls attention to the singular fact that colored men, who have so recently escaped from the bondage of servitude, should, of all oth-

of inferiority.
It is a well known fact that such is the leasure derived by them from wearing miforms that in those employments in which many of them engage a material eduction in salary is agreed to cheerully, provided the use of one be pernitted. Thus a colored band in uniform an be secured at a cheaper pr. s than a band the members of which are not so smbellished. Colored porters, conductors and coachmen will work for less if n livery.

ers, delight in any uniform or livery

which is generally accepted as a badge

A peculiar thing about this partiality the fact that it is exercised without my reference to the significance of the miform or livery. The craving is for be right to wear a particular set of garnents-not for the honor which the use of them may betoken. The soldier is leased with his uniform not merely because it is picturesque, becoming or loes not forget that it perpetuates patriotic services, is symbolical of bravery and prowess and invests the wearer with he responsibility of performing his share in the public defense. Thus the soldier ents in just the same way as he reveres he flag of his country without reference to the arrangement of its colors.

There is indeed little art displayed in national flags. Substitute an eagle for crown and shield, and the Italian flag secomes the Mexican. Substitute the reneva cross for the star and crescent, and the Turkish flag becomes the Swiss. Substitute a black belt for a blue one, and the flag of the Netherlands become the flag of the Germans. Turn the belts perpendicularly and replace the blue, and the flag is the French. Yet we have seen within a few weeks in the naval lemonstrations hereabouts how intense are the emotions which can be stirred by the appearance of a flag among those susceptible to patriotic feelings.

No such feeling seems to actuate our colored fellow citizens. They appear to e indifferent to the sort of uniform which is given them, provided it is a uniform. The colored water carrier and pail bearer is satisfied to wear a cast off uniform of any kind. He does not exact, suggest or even notice whether it corresponds with the one worn by the regiment he follows. This is something uliar in this amiable and fantastic rait of character so frequently observed mong colored people, but we leave the solution of it to some philosopher of the negro race who has not studied the char-noteristics of his race in vain.—New York Sun.

A Lion Tamer's Close Call. Maximin, a French lion tamer, who recently left the Paris winter circus for Lisbon, taking with him five of his ani-mals, has been mortally injured by one of the wild beasts. He had been giving performance in the lions' cage before a considerable number of spectators assembled in the Lisbon circus, when, as he was preparing to step out, a lioness called Nelly flew at him and nearly tore him to pieces. Maximin struggled for nearly 10 minutes with the brute, twice seizing its tongue, but he became faint from the loss of blood. The lioness was shot through the heart by one of the circus clowns, and Poison, another French tamer, succeeded in keeping in check the other animals in the cage. Maximin, fearfully mangled and lacerated, was carried in a dying state to the hospital, The affair caused a panic in the circus, and the programme of the afternoon was prematurely concluded by the ghastly cene.-Cor. London Telegraph.

Struck By Artificial Lightning. In one of the theaters here a piece is given in which, during the first act, there is a thunderstorm. In order to produce the lightning two electric cables are used, the ends of which terminate in carbons like those used for electric lamps. When a flash of lightning is to be produced, a man behind the scenes unites the poles of the two cables, which produces an electric spark, and the thing is done. For some time pasts workman occupied on the stage had always watched the lightning producer with the greatest attention. The other day during a rehearsal he thought he would like to try his hand at it. He took hold of the cables and produced the flash, but in consequence of some awkward handling on his part the electric spark struck him, and he fell to the ground completely paralyzed. He was at once taken to the hospital, but all medical skill was in vain. The unfortunate man died.—Berlin Cor. London News.

Hankrupt Farmers In England. During the first quarter of this year 35 farmers have been compelled to go into the bankruptcy court. This means that every day a farmer becomes bankrupt in this country, for 95 have had this misfortune in 90 days. But an investigation into the statistics shows something even more alarming than this. In the corresponding quarter of 1891 the number was only 45. In 1893 it had grown to 60, and this year to 95.—Mark Lens England) Express. COMMON HORSERADISH.

Valuable as a Blood Purifier and an Appetiver as Well.

Horseradish is a somewhat vulgar and despised root, yet it possesses valuable qualities as a purifier of the blood as well as a stimulator of the appetite, says the New York Tribune. A beefsteak served with polonaise sauce, or what is more often known now as a Russian sauce, introduces horseradish in the bill of fare in an appetizing manner. To make this sauce, melt 2 even tablespoonfuls of but-ter with 2 teaspoonfuls of flour. When well mixed, stir in a pint of rich white stock. Beat the mixture continually

while it is cooking for 10 or 15 minutes.

As this simple foundation is generally made, it is cooked but four or five minutes, but this time does not give the grains of flour time to swell, and it is better as well as more wholesome if it is cooked longer. Add the juice of a half a lemon and a tablespoonful of butter, with 4 tablespoonfuls of grated horseradish which has been soaked in vinegar over night, but is drained from it. Season the sauce carefully with a little salt and a mere pinch of cayenne pepper. Two tablespoonfuls of cream are sometimes added to the genuine Russian sauce, but this is not necessary, and to our American tastes it seems somewhat incon-

Slices of tenderloin, daintily broiled and rare, may be served with this sauce, which should be poured into a hot plat ter and the tenderloins laid over it. A Hamburg steak is very nice with this sauce. As every good housekeeper should know, a Hamburg steak is not a steak at all, but a mince of beef molded in flat balls, which are either fried or broiled, but must in any case he kept rare. It is an acceptable way in which to dispose of the tough end of a porterhouse steak, which should never be allowed to come on the table with the rest of the steak but should be either minced for Hamburg balls or used in a stew. To season a pound and a half of Hamburg steak add a teaspoonful of ouion juice, a liberal teaspoonful of salt and a saltspoonful of pepper. The meat must be minced as fine as sausage meat, and there should

be neither fat nor sinews with it. A chopped onion minced very fine or good sized shallot may take the place of the onion juice. The minced beef may now be molded into little cakes and broiled or, if you prefer, dipped into the yolk of egg and bread crumbs and fried prown. This will keep it rare in the center, as it should be. Indeed a Hamburg steak is sometimes served at gen-tlemen's suppers without cooking. It must then be made of the tenderest meat and garnished with anchovies, capers and parsley and highly seasoned. This practice of eating raw beef, however, is not commended now by physicians, as it formerly was when mothers often gave little children well a asoned scraped beef as a tonic.

Little Folks' Nichtrowns. These little patterns are very simple and easily made, having only shoulder and under arm seams. The nightgown fas-



USSEUL ARTICLE.

tens with buttons and buttonholes in the front. The lower edge is hemmed, and the neck and gathered sleeves are finished with narrow bindings and edging. The edging is also stitched upon the overlap-ping front edge, as far as the opening and carried across and up the back edge of the hem to the neck.

Curried Eggs. Fry 2 sliced onions in butter, add a tablespoonful of curry powder and let the onions and curry powder atew in a pint of good broth till the former are quite tender; mix in a eup of cream and thicken with arrowroot or rice flour. Simmer a few minutes, then add 6 or hard boiled eggs cut in slices; heat them thoroughly, but do not let them boil.

Beal New England Pudding. It is not enough to have the ingredients for this real old New England dish. You must know exactly how to put it to You must know exactly how to publit to-gether, and this is "just how?" Heat 3 pints of milk to boiling and pour it over half a pint of yellow Indian meal salted with 1 teaspoonful of salt. Stir this very carefully, wetting it gradually so that there will be no lumps. Return it to the double boiler and cook slowly for 40 minutes with frequent stirrings. Stir in this butter the size of an egg, a

Stir in this butter the size of an egg, a cupful of molasses, I teaspoonful of ginger and I of mixed cinnamon and mace: remove from the fire, beat hard and add slowly 4 well whipped eggs and I cupful of seeded raisins. Butter a pudding dish, turn in the mixture and bake half an hour, stir it up from the bottom and fintsh the baking by ish the baking by browning nicely. Make a sance with 1 cupful of powdered sugar, 1 tablespoonful of butter and 1 beaten egg; flavor with nutmeg.

All the Same Shade. The stylish woman abroad on a rainy day sees to it that the lining of her mackintosh cape, her umbrella, her gloves, her soft felt or alpine hat, her veil and her spatterdashes are all of the same shade, which must be a conservative one, as dark gray or golden brown.

A Nevel Mail Rock.

If you have a spinning wheel that has lost its standard, the wheel may be converted into a most acceptable hall rack. Oil and polish it and stand around the circumference with brass page, suspending when done by a brass chain above the hall table or brass.

TODAY'S MARKETS.

Prices Current by Telegraph - Local

and Portland Quotations. BALKM, June 23, 4 p. m .- Office DAILY CAPITAL JOURNAL, Quota tious for day and up to hour of going to press were as follows: BALEM PRODUCE MARKET.

PRUIT. Good shipping strawberries 5 to 4 cts Lox. cshipper formishes crate. Peas—8 cents a gallon. Goeseterries—15 ets a gallon.

£ thefries- 8 to 10 ets a lb. Peported

BUTCHER STOCK. Veals—dressed 4½ to 5 cts. Hogs—dressed 6½ to 6½. Live cattle—2½ to 2½. Sheep—silve \$2 to \$2.50. Spring lambs—\$1.50 to \$2.40.

MILL PRICES. Salem Milling Co. quotes: Flour in wholesale lots \$3.20. Retail \$3.60. Bran \$17 bulk, \$18 sacked. Shorts \$19 and \$20. Chop feed \$19 and \$20.

WHEAT. Market is flat at 58 cts.

HAY AND GRAIN. Oats-40 to 43 cents. Hay-Wild, \$10; timothy and clover, \$12. Baled \$12 and \$14. Barley-No demand except for feed.

FARM PRODUCTS. Wool-Best, 10 to 12 c. Hope-Small sale, 15 to 17c. Eggs-Cash, 16 cents. Butter-Hest dairy, 20 to 25; fancy Creamery, 25 to 30.
Cheese—15 to 18 cts.
Farm smoked meats—Bacon 12;;
hams, 18; shoulders, 10.

Onions-11 to 2 cents.

HIDES AND PELTS. Green, 2 cts; dry, 4 cts; sheep pelts, 75 cts to \$1.25. No quotations on furs.

LIVE POULTRY. Chickens-7 to 10 cts; broilers 10to12} ducks, 121; turkeys, slow sale, choice 10 cts; geese slow.

PORTLAND QUOTATIONS. Grain, Feed, etc.

Flour-Standard, \$8.40; Walla Walla, \$3.40; graham, \$3.00; superfine, \$2.50 per barrel.

Oats—White,50c per bushel, grey, 48c; rolled, in bags, \$6.25@6.50; barrels, \$6.50@6.75; cases, \$3.75.

Hay—Best, \$15@17 per ton; common,

Hay—Beet, \$10@17 per ton; common, \$10@18.

Millstuffs—Bran, \$17.50; shorts, \$22; ground barley, \$26@24; chop feed, \$18 per ton; whole feed, barley, 80@85 per cental; middling, \$23@28 per ton; brewing barley, 90@85c per cental; chicken wheat. \$1.223@1.24 per cental.

DAIRY PRODUCE. Butter-Oregon fancy creamery, 221@ 25c; fancy.dairy, 171@20c; fair to good, 15@16c; common, 121u per pound; Cali-foruia, 35@44c per roll.

Cheese — Oregon, 11 @ 13; Eastern twins, 16c; Young American, 16c per per pound; California flats, 14c.

Eggs—Oregon, 14@15c per dozen.
Poultry—Chickens, old, \$4; brollers,
large, \$3.00@4.50; small, \$2.00@2.50;
ducks, old, \$4.50@6.00; young, \$3.00
@6.00; geese, \$9.00; turkeys, live, 12½c;
dressed, 15c, per pound. SAN FRANCISCO MARKET.

Wool: Oregon Eastern choice, 12@ 14c; do inferior, 9@11c; do valley, 16@ Hops-18@16c.

Potators—Ordinary kinds of new in sacks at 90c@\$1 15 per cental; new Early Rose, boxes, 90c@1.25; new Burbanks, \$1.00@1.25 per cental.
Onions—85@90c per cental for red. and \$5,00@1.25 for silverskins.

Barley—Feed, 824@834c per cental for good quality and 85c for choice; brewing, 90@1.024 per cental.
Oats—Milling, \$1.60@1.65; fancy feed \$1.60@1.65; good to choice, \$1.46@1.60; common to fair, \$1 15@1.85; gray, \$1.30 @1.45; black, \$1.15@1.80 per cental.

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has been brought about by the introduction of COTTOLENE, the new vegetable shortening. The discovery of this product, and the demonstration of its remarkable qualities, has attracted the widest interest. Hitherto the common shortening has been lard, or indifferent butter. Every one has probably suffered occasional discomfort from lard-cooked food; while it is well known that thousands are obliged to abstain entirely from everything of that kind. To such people, COTTOLENE is of peculiar value, widening as it does, the range of what may be eaten and enjoyed. COTTOLENE is a cooking marvel. It combines with the food—imparts to it a tempting color, a delicate flavor, and an appetizing crispness.

No trace of greasiness remains to offend the taste, or disturb the digestion.

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Have you abused the laws of nature and injured your nervous system? are you despondent and melancholy with confused ideas and gloomy thoughts? ESPANO" will positively cure you. It contains no mineral poisons and is remarkable for awakening organic action throughout the system and an improvement in every tissue. It produces better muscles, bones, nerves, hair, nails, skin, blood and gives vigorous life to the unfortunate who has exhausted his powers. Prepared in tablet form and packed in boxes convenient to carry in the pocket. Each box contains 90 doses or enough to last one month and is worth many times its weight in gold. The price \$1.00 per box or 6 boxes for \$5.00 if ordered at one time and a guarantee will be given that any case mentioned above that it does not cure, the money will be refunded. As to our financial standing we refer to any bank in this city. Sent charges prepaid to any address in United States or Canada. Put up in plain wrapper with no mark to distinguish what it is. Send for circulars and testimon...is. Address,

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