Health Commissioner, New York City.

It is necessary, if one would understand the sanitary aspects of bread making, to fully comprehend the pres-ent theory held by scientists of germs and the part played by them in disease. The theory of disease germs is merely the name given to the knowledge had of those germs by medical men, a knowledge which is the result of innumerable experiments. Being this, the old term of a "theory" has become a misnomer. A germ of a disease is a plant, so small that I do not know how to express intelligibly to the general reader its lack of size. When this germ is in-troduced into the blood or tissues of the body, its action appears to be analogous to that which takes place when yeast is added to dough. It attacks certain elements of the blood or tissues,

bread has been eaten and with it the colonies of germs, that they have found their way into the blood and that the call for our services which followed, has rounded off this sequence of events.

I have already pointed out that the germs of disease are to be found in the air and dust. The longer any sub-stance to be eaten is exposed to the air, stance to be eaten is exposed to the air, the greater the chance that germs will be deposited on it. Bread raised with yeast is worked down or kneaded twice before being baked and this process may take anywhere from four hours to ten. It has, then, the chance of col-lecting disease germs during this pro-cess of raising and it has two periods of working down or kneading during each of which it may gather the dirt containing the germs from the baker's hands. As no bread says that raises hands. As no bread save that raised with yeast, goes through this long process of raising and kneading so no

into the loaves. These are placed in the oven and baked. But the very moment the warmth and moisture attack the mixture of cream of tartar and sola, these two ingredients chemically combine and carbonic acid or leavening gas is evolved. The consequence may be seen at a glance, the bread is raised during the time it is baking in the

Here, then, there is no chance for germs of disease to get into the dough and thence into the stomach, more than that the bread is necessarily as sweet as possible, there having been no time during which it could sour. This involves the fact that the bread so made will keep longer, as it is less likely to be contaminated by the germ-

greatly increase the number of con-tagious diseases, which we will have to treat. Under these circumstances is it not folly of follies to open a single channel through which these germs may reach us? Is it not the part of wisdom to watch with the greatest care ods are employed in the preparation of our food? To me it seems as though there could be but one answer

have shown how that danger may be avoided. The ounce of prevention which in this case is neither difficult nor expensive is certainly worth many pounds of cure, and the best thing about it is that it may be relied on almost absolutely. Those who eat bread or biscuits or rolls made at home with Royal baking-powder may be sure they have absolutely stopped one channel through which disease may reach them.

Note.—Housekeepers desiring informa-tion in regard to the preparation of the bread which, for sanitary reasons, Dr. Edson so strongly urges for general use, should write to the Royal Baking Powder Company, New York

Unlike the white men, the Neah Bay (Washington) Indians take most of their seals with the spear. Long practice makes them proficient in its use, and unlucky is the seal that pops its head above the surface within a radius of ten yards from their canoes. They are as skilful in the management of their frail caroes as a Sioux warrior is of his nimble pony. In their chase they use the native dugout, hewn bodily from some cedar tree. It is light and fragile, and rides the swells off the coast with the buoyancy of

There are two men sent adrift in every canoe. With a long line attached to his spear handle the marksman has his weather eye out for his sleek-coated victim. With unerring aim he sends his dart through the seal and with this line draws it into boat, where it is clubbed to death.

Their chase seldom leads them beyond fifty or sixty miles seaward, and they are thus enabled to run in and out at their pleasure and avoid the heavy gales. Sometimes they will follow the seal a long way north and generally return well paid. Their range north and south as a general rule is confined within the limits of Cape Disappoint ment on the north and Gray's Harbor on the south.

and farmers. There are some who never go out on the chase, but stay at home and grow a few vegetables, fruits, grass, etc., while others angle for the salmon that are almost constuntly to be found in the waters which gurgle and spin about Cape Flattery promontory. A steam schooner calls at regular intervals and carries away fruits of their trolling lines.

California, gave them the most strict orders. They were told never to orders. They were told never to strike, kick, or whip a horse, and his instructions to his men were: "Al-ways do a thing a little better than anybody else, and you will succeed. When you haddle a horse, treat him a little better than any one else. When you breed a horse, breed him to a little better stock each time."

It was in this way that Stanford revolutionized the horse-breeding of the country. He never allowed one of his men to ill-use a horse, and they knew it. There are never noise or blows around the Palo Alto stables and the horses are never frightened. To show his feeling toward his horses the late Henry Vrooman once told of an occurrence when he was dining with Senator Stanford. Just after the dinner, one of the drivers insisted that he must see the Senator. He was ushered in, with blood over his face which was badly cut. "John knocked me down," explained the man, re-ferring to one of the trainers.

'Nothing," replied the man. "Nothing," replied the man,
"But you must have done something; I want the truth," persisted
the Senator.
"Ikieked a horse, and John knozked

"What did you do?" asked the

in our practice we would find that germs collected by the baker have found their way into the years bread, that the heat has not been sufficient to raise large bread perfectly. Its as the same of the same and I think he did just right," said the Senator.

USEFUL IS THE BAMBOO

THE RAW MATERIAL COMES FROM THE FAR EAST. And American Machinery Works It Up Into Many Articles, Including

Whetstones-Its Unique Properties OR commercial purposes bamboo comes to this country in the holds of sailing vessels, tied up in long cylindrical bundles; and the packages of it that one may frequently see unloading in South street are not good samples of the bamboo of the East Indies, except for business uses. The immense stalks, sometimes a foot thick and sixty feet long, seldom come here, because they are not needed. Our bamboo goods are better made from small growths, and it is not much matter whether the stalks are straight or crooked. They are often crooked, but they are easily straightened. From the ship they go to the factory; and one of the largest makers of bamboo goods in Brooklyn gives to a New York Sun reporter this account of their manufacture in this

"Our raw material," he says, "comes principally from China, Japan and India. In these three countries we find more than sixty varieties, ranging between two feet and sixty feet in height and half an inch and eight, ten, twelve inches in diameter. Every one of these varieties is noted for its durability, its great tendency to bend when steamed, its unique property of split-ting into pieces of any thickness de-sired, and the high polish it will take. For any of these qualities no other wood compares with it. In some vari-eties the joints are only from five to eight inches apart, and in others they eight inches apart, and in others they are upward of five feet apart. These larger kinds are rare and are used only in the manufacture of the more costly furniture.

country:

"What bamboo articles do we make? A great many, and still not nearly as many as we might, nor as many as we probably shall when Americans come to know bamboo better. We make Sidarris, or Japanese curtains, screens, fret work, baskets and hampers, fancy boxes, parasols, chairs, stools, flower stands, settees, hat racks, tables, cabstands, settees, hat racks, tables, cabinets, brackets, easels, portieres, scrolls, and fancy wood work of every description. Most of these things, you will interest are living in the State minus notice, are fancy articles. Plainer and more useful things will come in time.

As soon as there is demand for them ve are ready to make half the furnishing and fitting of a house from bamboo.

"Such as what you ask? Water buckets, for instance, to begin with. There is no better water pail in the world than a section of big bamboo, fitted with a solid bottom and a handle. Then bottles, ornamental columns. fancy water pipes, whetstones—far too many things, in fact, for me to mention. Among the more important I may mention flower pots. You have no idea of the beauty of bamboo flower pots unless you have seen them, and there is no end to their durability. In the botanical gardens of Jamaica, at Castleton, thousands of these bamboo fitted with a wooden bottom. They cost a fraction of a cent each, and they last forever.

"You are surprised at my mentioning whetstones among the products of bamboo? It makes capital whetstones, being as hard as flict. In Eastern countries the natives frequently make knives of it. But that requires the best kind of bamboo. Only three species of the plant grow in this country, and they are all inferior kinds. The Chinamen in California have raised considerable quantities, but the quality is not good.

"We regard bamboo as a mammoth sort of grass. It bears a flower, and sometimes, though not often, pro-duces seed. The stalks decay and drop away, but new shoots rise to take, their place. The tips and buds are edible, and in times of want the natives live upon them. The leaf of the plant is succulent, and is often fed to cattle. We could use American bam-boo for some purposes, but it is so cheap in the East that its cultivation in this country could hardly be made profitable. It reaches us generally in the Chinese-American merchantmen, Hard as bamboo is, when steamed it is as pliable as putty, and may be bent into any desired shape. We put the stalks into long steam boxes, and steam them until they are almost pulp. While in this state the crooked ones are straightened and the various articles are made. They are then dried, and become as hard and substantial as they were before. We have large rooms expressly for the drying of finished articles with artificial heat. After the drying, whatever

with a hot iron. This if the only satisfactory way, for when the bamboo is dry it is so hard that it is difficult to

fancy touches are needed are put on

precisely alike.

"Do not confound bamboo work with goods made of rattan. Bamboo is hollow and knotty, while rattan is solid and fibrous. Rattan is a product of a species of palm tree, and has little in common with bamboo. We make in this country about \$800,000 gradient to the days of Apelles the Greeks knew but four colors—white, red, wellow and black. worth of bamboo goods every year,"

WISE WORDS.

A good man has no quarrel with the truth.

Burnishing gold does not add to its value. No sermon is dull that cuts the con-

The lazier a man is the more he

A doubt is the heaviest thing man

Whenever love talks to us it speaks

The acorn looks little, but it contains a whole forest.

You will miss it if you guess at the size of a lion by his roar.

Give some people money enough and they will vex themselves to death. Culture may sandpaper and polish

why he is so seldom overtaken by any one going his way.—Ram's Horn.

Stampedes of Mining Days.

but of men. One of the worst stampedes that ever took place in Montana was to Sun River in the spring of 1866. That was one of the coldest springs ever experienced by white men in Montana. A terrific blizzard set in shortly after the stampede fairly began for Sun River. No one knew what had been discovered or whether contribute of all but a remove the anything at all, but a rumor abroad that rich diggings had be found, and nearly every man who could rustle a small grub stake and cayuse started for the supposed new gold fields. At that day the country to the north was not inhabited, and the sufferings endured by the stampeders were terrible. Many were

does any one now know exactly how the great Sun River stampede started. It is supposed to have been caused by a letter written by a man who had gone north from Last Chance in the fall. This man, in his own estimation, fall. This man, in his own estimation, had met with flattering success. He had fallen in with some friendly Blackfoot Indians, secured a squaw who had some horses and a tepee, and was in a land filled with wild game of all kinds He thought it was the next thing to paradise. He wrote to a friend in Helena that he had struck it rich; intended to stay all winter, and was well fixed and well satisfied with his find, failing to state what that particular find was. To the miners who saw it flower pots are in use, ranging from find was. To the miners who saw if three inches to a foot in diameter, each there was but one meaning to be attached to his words: He had struck "diggins," and that is what started the great Sun River stampede in the early days.—Butte (Montana) Inter-

Expensive Royal Regalias.

at \$6,500,000.

One of the costliest crowns in

The coronet of the Empress contain the most beautiful mass of diamonds ever collected in one band. The crown of the Queen-Empress of

four drop-shaped pearls and 269 other

In official dress the Sultan of Johore profitable. It reaches us generally in the Chinese-American merchantmen, and bears very close stowage. The only secret in our business is the use of steam, and that is no secret at all. Hard as bamboo is, when steamed it is heavy gold bracelets, and his fingers are cramped with almost priceless rings. The handle and scabbard of his sword are a solid mass of precious

eous collar containing 500 diamonds We walnuts. Top and bottom rows of emeralds of equal size relieve the luster of the diamonds. - San Francisco

Unsuspected Causes of Fire.

ork it even with the best instru- of the sources and causes of spontaments.

"Those joints in the bamboo curtains? You will readily see how the joints in a dozen strips are exactly parallel when you see how they are said that dry vegetable or animal oil is thins? You will readily see how the joints in a dozen strips are exactly parallel when you see how they are made. The stalk is run through a 'splitter,' a little machine which cuts ten, twenty, perhaps fifty strips from each stalk, making them of any width or thickness desired. These strips are then taken up by the binders, the cords which hold them together in the curtain, and if the bamboo is a large one, the same knot or joint may run through fifty or a hundred strips.

"We do not put as many fancy touches to our bamboo work as the foreigners do. Nearly-all foreign bamboo work is highly ornamented. when pyrites are present in the especially when you see a plain piece if is almost sure to be of American manufacture; but ours is strong and serviceable. Oil on flour, or water on flour, is prosure to be of American manufacture; but ours is strong and serviceable. You can distinguish American goods in another way. We make fifty tables, a hundred, a thousand, and they are all alike, because they are made by machinery; foreign goods are made by hand, and seldom two pieces are precisely alike.

"Do not confound bamboo work The Croton aqueduct, New York

red, yellow and black.

& NOTES

One New York lady of fashion owns

The girl of the period's alpenstochust needs be mounted in silver. Mrs. Mackay is popularly referred to in England as "The Silver Queen." The fortune of Mrs. W. H. Vanderbilt, of New York, is estimated at \$30, 000,000.

An expensive ruffle on a cheap shirt waist is one of the prevailing inconsistencies.

A small silver heart with plush binding is the latest thing in pocket pin

It may safely be declared that com mon sense women wear a common sense shoe.

Bow knot rings of gold are the latest, and are intended to be worn on the little finger.

She is a trifle in arrears of the pro ssion who has not a sunshade for every costume.

Society girls are wearing the ring

with the precious stone for the month they were born. Gossip bags carried by the ladies are now made of the richest and most ex-

pensive materials. Colored kid slippers are worn with

afternoon gowns this season as they never were before. No girl of the period's summer ward-obe is complete without at least one

pink gingham dress. Marquise fans, recalling a kind in fashion long years ago, hav among this season's revivals.

Lace of every kind plays a part this season in the trimming of gowns that is almost as extravagant as it is beau-

tiful. The fashion of wearing flowers at the corsage with afternoon and evening toilet has been revived at the watering

The women on the Saratoga piazas are carrying a single flower with a long stem, oftenest an American

Beauty rose.

To exhibit the now fashionable "Napoleon curl" over the forehead, the girl of the period must needs tilt back her sailor hat.

Novel French skirts are shaped with many gores, then gathered front and back, but left with a plain smooth gore at the sides.

Mrs. Abram S. Hewitt has inherited

Peter Cooper's old Dutch Bible, which, with its data of family history, makes very curious reading. Black chiffon edged with white lac

is partially successful as a fashionable material for the fichus women are trying to wear this season. Not every girl who does not believe in sleeves below the elbow has either a pretty wrist or hand, albeit one looks for both with that fashion.

Several years ago, when Miss Carrie Astor, of New York City, became Mrs. Orme Wilson, \$10,000 worth of roses were distributed at sick beds the next

The Delsarte methods turn out esthetic young ladies, who hang their arms and hands and heads and who

are monochromatic instead of poly-chrome even to their finger rings. White muslin is worn by young girls for ball dresses, with moire or satin Empire sleeves and a sash deep in front, narrow toward the back, and finished off with a small bow and long ends.

There is a sudden revival of all the rich and pale shades of brown, from auburn, chestnut, Vandyke, etc., through the many handsome half tones, to beige, fawn and pale amber brown.

Miss Jeannette Gilder is said to be the author of the remark that New York men divide all women into two classes-fools and rogues; and that they prefer the rogues, although they marry the fools.

The day is fast approaching every one in the feminine world above seventeen years of age will again have a "best black silk," which this fall will be of satin, bengaline or satinfigured gros grain.

"Novelty" hop-sackings and dainty mountain suitings are set forth by leading Broadway importers this week. These two fabrics are excellent in quality and especially well adapted for traveling, beach and mountain costumes. They are fifty inches wide and cost sixty-five cents a yard.

In 1890 there were about 275,000 women engaged in money-making occupations, as follows: One hundred and ten lawyers, 165 ministers, 320 authors, 588 journalists, 2061 artists, 2136 architects, chemists, pharmacists; 2106 stock raisers and ranchers, 5135 Government clerks, 2438 physicians and surgeons, 13,182 professional musicians, 56,800 farmers and planters, 21,071 clerks and bookkeepers, 14,465 heads of commercial houses, 155,000 public school teachers.

The Salvation Army has invaded thirty-five countries.

## SALT RHEUM FIVE YEARS

In the form of arun of two years I was com-pletely cured, and have hal no trouble with it since." SIMEON STAPLES,

HOOD'S SARSAPARILLA CURES. Hood's Pills cure liver ills, jaundice, b

GOITRE CURED SEND for FREE Circula: HARD RUBBER RUPTURE. TRUSSES Send for book of par ticulars, L.B. SEELEY & CO., 25 S. 11th St., Philada.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & Co., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last is years, and believe him perfectly shonorable in all business transactions and financially able to carry out any obligation made by their firms.

WEST & TRUAX, Wholesale Druggists, Toledo, WALL.

Ohio.
WALDING, KINNAN & MARVIN, Wholesale
Druggists, Toledo, Ohio.
Hal'ls Catarth Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price, 75c, per bottle. Sold by all Druggists. Testimonials free.

We Cure Rupture.

No matter of how long standing. Write for free treatise, testimonials, etc., to S. J. Hollensworth & Co. Owego, Tioga Co., N. Y. Price St. by mail, \$1,15.

For Pneumonia, no other cough syrup equals Hatch's Universal. 25 cents at druggists. A wonderful stomach corrector—Beecham's Pills. Beecham's -no others. 25 cents a box.



KNOWLEDGE

Brings comfort and improvement and

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

Its excellence is due to its presenting in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

Syrup of Figs is for sale by all druggists in 50c and \$54 bottles, but it is man-

every objectionable substance.
Syrup of Figs is for sale by all druggists in 50c and \$4 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

## 'August Flower''

I had been troubled five months with Dyspepsia. I had a fullness after eating, and a heavy load in the pit of my stomach. Sometimes a deathly sickness would overtake me. I was working for Thomas McHenry, Druggist, Allegheny City, Pa., in whose employ I had been for seven years. I used August Flower for two weeks. I was relieved of all trouble. I can now eat things I dared not touch before. I have gained twenty pounds since my recovery. J. D. Cox, Allegheny, Pa. @



n agreeable Laxative and Newve Tonic d by Druggisis or sent by mail. 25c., 50c 1\$1.00 per package. Samples free. KO NO The Favorite TOOTH POWDER



Headache for ID Years! Dana's Sarsaparilla "I WAS CURED!"

MR. BALL WAS THE FIRST MAN TO PURCH ANA'S IN COHOES. LISTEN AS HE TELLS IE RESULT. DANA SARSAPARILLA Co.: GRATIANAS — I MALLA bett a sufferer from Readache the last ten years. Last fall taw in one of our local papers an advertisement of your medicine, and testimonials of its wonderful cures.

I decided to try one bottle. The first bettler is the control of the cont

DANA'S SARSAPARILLA SARGO AL and reliable medicine.

18 safe and reliable medicine.

18 safe and reliable medicine.

Medicine M. Medicine is certified to the first medicine.

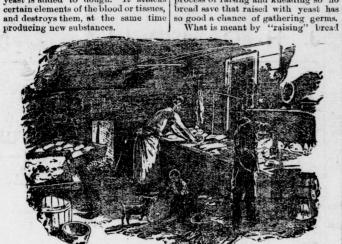
M. McDElle Statement is certified to the first medicine.

The truth of M. Ball's statement is certified to the first medicine.



aparilla Co. Belfast, Malne





"DISEASE GERMS FOUND THEIR WAY INTO THE YEAST BREAD." But the germs of the greater part of the germ diseases, that is, of the infectious and contagious diseases, will develop or increase in number without being in the body of a human being, enormous growth of the yeast fungi-

mentation. If the mixture be a starchy dough the yeast first changes a portion of the starch into glucose and then decomposes the glucose by changing it into two new substances, viz., carbonic acid gas and alcohol.

Now the glutten, which is also a con-

I do not wish to "pose" as an alarm ist, nor am I willing to say there is process, which fills the dough with very much chance of the germs of typhus and of cholera reaching the period during which the raising process goes on, the gain in food and the which has been raised with yeast. But I have not the slightest cause to doubt that other diseases have been and will be carried about in the bread.

I have met journeymen bakers, suf-fering from cutaneous diseases, work-ing the dough in the bread trough with naked hands and arms. I have no reason to suppose bakers are less liable to cutaneous diseases than any other men, and I know, as every house-wife knows, yeast-raised bread must be worked a long time. This is an exceedingly objectionable thing from the standpoint of a physician for the reason that the germs of disease which are in the air and dust and on stair-ways and straps in street cars, are most often collected on the hands. Any person who has ever kneaded dough understands the way in which the dough cleans the hands. This means that any germs which may have found a lodging place on the hands of the baker before he makes up his batch of bread are sure to find their

provided always you give them the proper conditions. These conditions These fungi effect a destructive ferare to be found in dough which is being raised with yeast. They are warmth, moisture and the organic matter of the flour on which the germs, after certain changes, feed.

The se fungi effect a destructive fermentation of a portion of the starchy valuable nutrient elements in the flour. The fermentation produces are fully as the second of the starchy valuable nutrient elements in the flour. It is necessary to remember at this every little particle of the starch point that yeast is germ growth, and which is itself everywhere in the flour, when introduced into a mixture of glu-cose or starch, in the presence of warmth and moisture sets up a fer-called "raising the bread."

It needs but a glauce to see that it is, in its effects on the dough, purely mechanical. The dough, which was before a close-grained mass, is now full of little holes, and when cooked in this condition is what we ordinarily call light. This porous quality of bread enables the stomach to rapidly Now the glutten, which is also a constituent of dough and moist starch, affords, with the latter, an excellent nidus for the development of germs of disease as well as for the yeast germs. The germs of cholera, as of typhoid the dough, however, uses up a portion of the ough, however, uses up a portion of the positions of the long. fever, would, if introduced into dough, of the nutrient elements of the loaf, find very favorable conditions for their If it be possible, therefore, to produce a light porous loaf without this de struction and without the "kneading" process, which fills the dough with

> period during which the raising pro-cess goes on, the gain in food and the gain in the avoidance of the germs is exceedingly plain.
>
> But while we can easily see the dangers which attend the use of yeast it is certain that the vesiculating effect produced by it on the dough is to the last degree perfect. It is apparent that if we are to substitute any other system of bread making we must have one which will give us, first, mechanical results equally as good, that is, that will produce minute bubbles of carbonic acid gas throughout the mass of dough. Now it is in no way difficult to produce carbonic acid gas chemically, but when we are working at bread we must use such chemicals

as are perfectly healthful. Fortunately these are not hard to find.

The evils which attend the yeast made bread are obviated by the use of a properly made, pure and wholesome baking powder in lieu of yeast. Bak-ing powders are composed of an acid and an alkali which, if properly com-bined, should when they unite at once way into the dough, and once there, to find all the conditions necessary for subdivision and growth. This is der does its work while the loaf is in equivalent to saying that we must rely the oven, and having done it, disap-



BREAD WITHOUT YEAST-"THE MOST PERFECT OF ALL CONCEIVABLE WAYS OF RAIS

reputation has been earned for it by the experience of countless generations, and no careful mother will wish her children to eat bread that has not been thoroughly cooked. The reason given for this recognized unhealthfulness has been that the uncooked yeast dough is very difficult to digest. No baking powder will be a case of jumpone but a physician would be careful. been thoroughly cooken.

given for this recognized unhealthfulness has been that the uncooked yeast the objectionable yeast to dough is very difficult to digest. No one but a physician would be apt to think of disease germs which have not the process of bakof the cases of illness which we meet in our practice we would find that germs collected by the baker have

is almost certain that they will be there. Now, underdone or doughy bread is a form which every man and woman has seen.

It is a belief as old as the hills that underdone bread is unhealthful. This reputation has been earned for it by which are not combined in proper protein a superiance of countless general portion or carefully mixed and which

ing as a cause of the sickness following the use of uncooked yeast bread. Yet this result from this cause is more than probable. I have not the slightest doubt that could we trace back some of the cases of illness which we meet in our practice we would find that a strength has been found superior to the sickness of the sight and the sig strength has been found superior to

avoids the long period during which the yeast made dough must stand in order that the starch may ferment and there is also no kneading necessary. The two materials used in the Royal, cream of tartar and soda, are perfectly harmless, even when eaten. But they are combined in exact compensating weights, so that when chemical action weights, so that when chemical action begins between them they practically disappear, the substance of both having been taken up to form the carbonic acid gas. More than this, the proper method of using the powder

insures the most thorough mixing with the flour. The proper quantity being taken, it is mixed with the flour and stirred around in it. The mix-ture is then sifted several times and this insures that in every part of tho flour there shall be a few particles of the powder. The salt and milk or wa-ter being added, the dough is made up as quickly as possible and moulded

oven, and this is the most perfect of all conceivable methods of raising it.

that affect the souring process.

It will be strange if the crowds of visitors to the World's Fair do not all that we eat and drink, and to see that none but the safest and best meth-

I have shown the danger of using the yeast raised bread, and with this I

Hunting Seals With the Spear.

cork.

They make use of the double-bar reled gun, but are not in love with it

reservation these may be divided into three classes, seal hunters, fishermen and farmers. There are some who

Stanford's Consideration for the Horse In employing men to work at Palo

Pride is a hard master.

A lie can run fast, but the feet of truth never slip.

ever tried to lift.

our mother tongue.

but it cannot change the grain

The charity that begins at home and stays at home generally dies of heart failure. The man who loves his own way is

always trying to stop his ears against the truth It is hard for a fool to understand

There have been many stampedes in Montana within the last thirty years— not stampedes of horses and cattle,

The King of Portugal has the most valuable crown. The jewels of this monarch's crown are said to be valued

Europe is that worn by the Czar of Russia on state occasions. It is sur-mounted by a cross formed of five magnificent diamonds, resting upon an immense uncut but polished ruby.

The crown of the Queen-Empress of of Great Britain, valued at \$1,500,000, contains one large ruby, one large sapphire, sixteen others, eight emeralds, four smaller rubies, 1360 brilliant diamonds, 1273 rose diamonds,

stones.

The most expensive royal regalias in the world are those of the Maharajah of Baroda, India. First comes a gorg-

Among the results brought to light, through modern chemical investigation

PENSIONJOHN W. MORRIS, Successfully Prosecutes Claims. Late Principal Examiner U.S. Pension Bureau. Syrsin Last war, 15 adjudicating claims, atty since.