PHYSICAL CULTURE.

Some Hints From Professor Godefroy of the Athletic Club.

Wholesome Food, Exercise, Fresh Air and Bathing are the Requirements—Pointers.

So much has been said and written about physical culture that most everybody is more or less familiar with the primary rules and theories for attaining health and strength.

Still it is astonishing how few take advantage of this knowledge.

"Too much trouble" is invariably the excuse. And yet these same persons will throw away thousands of dollars for drugs, lung strengtheners, liver cleaners, kidney cures and the like, and will spend thousands more on trips to the mountains, springs and seashore "for their health." All this can be saved and still the object attained in the simplest manner imaginable. Drugs and patent medicines will not accomplish what good, healthful exercise will.

POPULAR MISTAKES.

It is a great mistake to imagine that physical culture means the cultivation of huge, knotty biceps, calves and thighs by the use of big, unwieldly dumb-bells, clubs and pulleys. These are all well enough for professional athletes, whose bread and butter depend upon their development. Light exercise, such as walking, running, rope-skipping, handling light-weight dumb-bells and clubs—all with moderation and yet frequently—

PROFESSOR GODEFROY.

will accomplish more good and build the system up better than any amount of heavy work. One should not exercise until fatigued, and if care is taken in the beginning, a condition of fatigue can scarcely be reached, no matter how long this sort of light exercise is indulged in.

A representative of the RECORD-UNION dropped into the gymnasium of the Sacramento Athletic Club a few evenings ago, in the hope of picking up a few new points on this subject of physical culture.

It was a class night and the club men were donning their tights and slippers for an evening's sport.

A BENEFICIAL FAD.

Professor Cal. Godefroy, instructor in physical culture and gymnastics at the club, was found in his dressing-room, and while divesting himself of his street clothes, preparatory to putting on his gymnasium suit, talked freely with the reporter regarding his profession.

"You often hear people talk about 'the physical culture fad,'" said the Professor. "Fad is getting to be a very popular word. But to apply it to physical culture seems to me to be somewhat ridiculous. You might just as well speak of a man who takes care of himself as being a 'good health fiend.' It is difficult for me to comprehend how a person who prefers not to be sick and complaining all the time can be looked upon as a crank."

"Do you think it necessary," asked the newspaper man, "that persons, in order to improve their physical conditions, should spend most of their time in gymnasiums?"

NATURE'S LAWS.

"Not at all. I would be very foolish to think so. By a strict adherence to the laws of nature anybody can become strong and healthy without ever seeing the inside of a gymnasium. Of course the gymnasium is a grand thing for young men who have to work at desks all day, and do not have an opportunity to get much outdoor exercise. I believe also that even for those who can get outdoor exercise the gymnasium is a good thing, as there are various apparatus there that are wonderful developers of the muscular system, and furnish a kind of exercise that cannot always be had out of doors. But it is not the kind of exercise so much that should be preached to those who take no exercise at all. The first care is to get them started at any kind of light exercise. The finishing touches can be applied afterward."

"Have you any set rules by which you guide those under your charge to health and strength?" asked the scribe.

"Well," replied the Professor, tugging at the laces of his gymnasium shoes, "I can hardly say that they are set rules of my own. They are simply nature's rules, and I only assist the pupil in carrying them out. Now, I have a few moments to spare, and if you will sit down I will endeavor to make clear to you what my theories are on this whole subject of physical culture.

THE STOMACH FIRST.

"The principal thing is to have a good stomach, and to acquire that one must partake of good, wholesome food, and have regular habits in everything. The majority of the rising generation do not know how to diet properly. They eat too fast and indulge in too many sweetmeats. A little of it after a good, substantial meal goes a long way, but when you see a foolish young person feeding himself or herself on cake, coffee and tea constantly, what can you expect? They are just ruining their constitutions and stomachs.

"Of course, with youngsters it depends upon the parents a great deal. When a child is told to eat a good plate of broth he will get his little temper up. The result will be a piece of cake or other sweetmeats in place of that good, health-giving broth. So I would advise good food and plenty of sleep in the right time. Go to bed early, rise early and get that fresh morning air which is one of the most invigorating natural tonics a person can get. Plenty of fresh air, good food, exercising in-doors and out-doors, and then we will have better-shaped people and healthier.

"Exercise is a better way to relieve the system of any surplus than by medicine, because exercise strengthens the muscular system, while medicine weakens it. One is a natural while the other is an artificial method.

USE OF APPARATUS.

"Now, then, I will try to give you the modus operandi of the different ways to build your constitution by the use of apparatus in the gymnasium. Unfortunately a great many persons start in too vigorously. They will keep it up for about two weeks, and of course they overdo themselves. That usually settles it. They will drop their exercise and then you will not see them for a couple of months. You ask them what is the trouble, and they will tell you: 'Oh, how I wished that I had kept it up.'

"There are many young persons among the clerks, and those of sedentary habits especially, who, if they would follow a system of light exercise, would feel better in every way. But no, they will tell you that it is too much labor. It is the same way with a great many ladies whom I have sought to teach athletics. If they would have a little less rocking-chair and buggy riding it would be a great deal better for them.

"A person who is not a hard laboring man should at least pass a part of his time in the gymnasium. It only requires a little will-power and you will find out in time the benefit you will derive from it. A clerk at least ought to be there three times a week and do active work for about three hours. I do not believe in any spcial apparatus to the exclusion of others, as they are all good, and then by the variety you will build yourself up in proportion. Now, I will give you an instance. You take a bicycle expert, who does nothing else but ride his wheel. Well, he

GETS A GOOD, HEAVY CALF,

But look at his shoulders and you will see that the inclination of them is to curve forward. Now he ought to take some other form of exercise, in conjunction with his wheel, that would keep him from getting round-shouldered. Parallel-bars, such as are found in all gymnasiums, would be of great benefit to him. Therefore, I repeat, use all kinds of athletic means to build yourself up in proportion. You would not believe it, but horizontal-bars are great cures for derangements of the liver. By grasping the bar with both hands and swinging to and fro, you bring the muscles and tendons of the chest, arms and abdominal regions into play, and this causes a free and increased flow of blood to those parts, thereby relieving the liver as well as strengthening the muscles, etc. Club-swinging, a very mild exercise, will build up the shoulders, arms and wrists wonderfully. Introduce a little juggling once in a while and it will be good for you. It improves the sight—makes it quick, and at the same time it exercises the muscles we have in our optics.

DO IT AT HOME.

"I would advise plenty of shower-baths, and the colder the better. I'm a crank on this subject.

"Now I will tell you a very good and simple system of home exercise. In the morning, when you get up, go to your bath-tub, and take along with you a towel as coarse as possible—of course a Russian is the best. Once in the bath-tub, strip down to the waist; sponge yourself well, and then take your towel and go through the process of drying yourself in this way: Take one end of the towel over your right shoulder and the other end under your left arm, then go through a see-saw movement vigorously. Keep it up for about ten mnutes every morning, winter as well as summer. I really think that shower-baths in winter are even more beneficial than in summer. Plenty of swimming in good water (sea water when you get a chance) is magnificent exercise. I think that swimming in good water is the most invigorating of exercises. Bathing is also a very good tonic for people who are losing their hair.

"I will relate a case to you of a young man I was with in Honolulu about nine years ago. He was one of those 'only boys in the family,' you know. He was a very esthetic sort of a fellow. He would get up in the morning and wash himself in luke-warm water, and all that sort of business. Well, to cut the story short, I had to talk myself hoarse to him for about six months in order to make him understand that I would make him strong and healthy if, of course, he would follow my system—plenty cold shower-bathing, good food, a little claret or milk at meals in place of coffee and tea. To this day you may see that young fellow every Sunday at Harbor View (he is at San Francisco now) taking his swim, and I tell you he is as healthy and strong a chap as you would want to see.

"Whenever some friends tell him they do not feel well, even if it is only a corn, he says: 'Take shower baths; go swimming; take easy tramps in the hills.'

HINTS FOR LADIES.

"There is not a better thing for ladies than to make it a point to exercise daily. Of course home exercise is good enough but a great many do not find enough novelty in that. Well, let them do what they can. Club swinging, broad swords, foils, skipping rope, feet calesthenics and all like exercises are beneficial. It makes them active, supple, graceful and symmetrical, and puts vigor into their every movement. They never are afflicted with that proverbial tired feeling.

"Well, I will have to close this interview now, as it is time to take charge of my classes. I do hope, though, that the young folks of Sacramento, as well as the old, will profit by these few hints I have given you for publication. It is the easiest thing in the world to enjoy good health and strength, if you only want to. And it does not cost you a cent, either. People spend thousands of dollars yearly for drugs and tonics, for trips to the springs and seashore, and in all sorts of ways in search of health. Stay at home and be your own doctor. Good evening."

The Professor nodded pleasantly to the interviewer, and a moment later was showing a party of aspiring athletes how to do a "nose-breaker" on the horizontal bar.

BRISSEL'S CHAMPION.

Attorney-General Hart to the Constable's Rescue.

About a month ago Constable Brissel and Sheriff Stanley got into an altercation as to who was the proper officer to take youthful offenders to Los Angeles who had been committed to the Whittier Reform School by a Justice of the Peace.

Justice Henry had committed two boys to the school, and both officers wanted the job of escorting them, particularly as the mileage and per diem was quite desirable.

The matter was submitted to the District Attorney, and he decided that, according to the terms of the Act establishing the school, only a Superior Judge could commit boys, and that the Sheriff was the proper officer to take the young prisoners to the school.

In consequence the two boys committed were then taken before Superior Judge Van Fleet and duly committed, and the Sheriff acted as their escort south.

But Constable Brissell was not even then satisfied with the case, and submitted the facts to Attorney-General Hart. Yesterday he received a reply from that official, which is opposed to the decision of the District Attorney. It was as follows:

"*John P. Brissel, Esq., Sacramento, Cal.*—DEAR SIR: I am of the opinion that under Section 16 of the Act creating the State Reform School, a Justice's Court has jurisdiction and power to commit juvenile offenders to said school, and that the Constable being the officer of that court, is the proper official to convey the offender to the school. Yours respectfully,

"WILLIAM H. H. HART,
"Attorney-General."

AMUSEMENTS.

The Australian Novelty Company played to a good audience at the Clunie last evening, and gave a better performance than on any previous evening. The triple horizontal bar feats of Dashway were exceptionally fine. The Girards give some new specialties each evening. The company will appear again this evening.

The box-sheet for the Grismer-Davies engagement opens to-day at the Metropolitan.

BRIEF NOTES.

The river continues to fall slowly and on yesterday marked 7 feet 10 inches.

A special train, consisting of a coach and an engine, went over to Davisville yesterday noon with employes of the railroad company, who were subpenaed to attend the inquest of Mail Agent Quimby, who was killed in the wreck near Sheep Camp about a week and a half ago.

McCarty Discharged.

Charles McCarty, the ex-special watchman of the Capitol grounds, appeared in the Police Court yesterday to answer to a charge of battery. City Attorney Hart stated that the Chinaman, who was the complaining witness in the case, could not identify McCarty as being the man who committed the assault, and Officer Eldred had also informed him that McCarty was not the man who struck the blows. The case was accordingly dismissed.

Railroad Officials.

Assistant General Superintendent Pratt of the Southern Pacific Company arrived in this city last evening from Dunsmuir, in his car "Sacramento." His trip to Dunsmuir was for the purpose of installing Mr. Agler in his new position of Superintendent of the Shasta Division. Mr. Pratt was accompanied from Red Bluff to this city by Assistant Superintendent T. R. Jones, of the Sacramento Division.

Died in Chicago.

A dispatch was received last evening by P. W. Cafferty of this city announcing the death of his brother Frank in Chicago, where he had resided for many years. It is only a couple of weeks since Mr. Cafferty returned from a visit to his brother, and the latter's sudden demise is keenly felt.

Taken to Woodland.

James Duffy, whom the police arrested in this city several days ago and charged with vagrancy, was turned over to an officer from Woodland yesterday and taken to the latter place. He is charged with grand larceny in stealing some valuables from a woman.

Arrested on Suspicion.

Officer Wilson arrested a man yesterday whom the pool-sellers claim is a "tipper" for the pickpockets, who travel from fair to fair during the fall season. The man gave the name of Conroy. The police will endeavor to have his picture taken.

Inquest Postponed.

An inquest was to have been held yesterday at Davisville on the remains of Mail Agent Quimby, who was killed in the wreck near Webster several days ago, but for some reason it was postponed until next week.

McNally Wanted.

Officers Campbell and Maley arrested a man named McNalley last night on a dispatch from the Police Department at Oakland. He is wanted there on a charge of grand larceny.

County Tax Rate.

On the 29th of this month the Board of Supervisors will hold a special session for the purpose of fixing the tax rate for the ensuing year.

DR. PRICE'S Cream Baking Powder.

Used in Millions of Homes—40 Years the Standard.

AFTER SHAVING BATHE THE FACE WITH HEALING COOLING POND'S EXTRACT.

DOES NOT SMART NOR STING. REDUCES REDNESS. CHECKS BLEEDING. JUST AS IT REDUCES ANY INFLAMMATION, IT SENDS BACK THE BLOOD WHICH THE RASPING OF THE RAZOR HAS DRAWN NEAR THE SURFACE, SO LEAVES THE FACE WHITE, SOFT AND SMOOTH, WITHOUT THE SHININESS CAUSED BY OTHER LOTIONS. FOR THIS PURPOSE FAR SUPERIOR TO BAY RUM, COLOGNE OR PERFUMED WATER. BEST BARBERS USE IT.

YOU HAVE A BOTTLE. WHY DON'T YOU TRY IT?

WHEN PURCHASING, ACCEPT POND'S EXTRACT ONLY. REFUSE SUBSTITUTES, PROBABLY WORTHLESS. POND'S EXTRACT CO., NEW YORK AND LONDON.

Royal Baking Powder.

What the Faculty of the University of California Has to Say.

Your committee have made a very careful examination of the ROYAL BAKING POWDER and are satisfied that it fulfills all the requirements which the public can make of a baking powder. For purity and care in preparation it equals any in the market, and

Our test shows that it has greater leavening power than any other of which we have any knowledge.

W. B. Rising

Prof. Chemistry University of California and State Analyst.

W. T. Kenzie

Prof. Chemistry, College Pharmacy, of the University of California.

STATE EDUCATORS.

The Controversy Over the Journal Selection Settled.

Superintendent Anderson's Action in Naming the Official Organ of the Department is Approved.

The State Board of Education met yesterday in the office of J. W. Anderson, Superintendent of Public Instruction, There were present Prof. C. W. Childs of the San Jose Normal School, Prof. E. T. Pierce of the Chico Normal School, Prof. Ira More of Los Angeles, and Superintendent Anderson. Governor Markham was the only member of the Board absent.

In the cases of J. T. Handsaker and A. Clendennon, the Board authorized the Superintendent to issue to them certificates showing that life diplomas had on a previous occasion been granted them.

Gano Kennedy, whose life diploma had been revoked, appealed to the board to rescind the action. After hearing a statement from Mr. Kennedy, the board passed the following resolution:

Resolved, That upon his presenting a valid grammar-grade certificate, accompanied by a recommendation from a county or city board, the State Board of Education will consider the propriety of granting Mr. Kennedy a life diploma.

CAMPBELL'S CLAIM.

As there had been a claim made by Fred Campbell of Oakland, that the action of the board in allowing Superintendent Anderson to designate the official journal was illegal, the matter was brought up at the meeting, and the board passed the following resolution:

Resolved, That the action of the State Superintendent in designating the *Pacific Educational Journal* as the official organ of the Department of Public Instruction is hereby approved, and that the said journal is hereby designated by this board as the official organ of said department.

On motion, the sum of $500 was ordered paid to Professor William Carey Jones in part payment for his work on the State text-book on Civil Government.

Life diplomas of the highest grade were granted to William R. Carpenter and James N. Selby.

Life diplomas of the grammar grade were granted to the following:

Mrs. H. A. Pellett, Napa County; Eugene B. Anderson, Contra Costa; Nellie Gilmore, Fresno; Lilian Gibbons, Lassen; Alice F. Keefer, Alameda; Emma Edwards, Eliza Lundegreen, Kate F. Osgood, Minnie U. Howe, Mrs. Elinor Finley and E. Cora Maxton, San Diego; Lulu Ashcraft and Clara Stoddard, Merced; Amelia Goldstein, Mrs. Anna Alderson, Mary A. Shearer, Alice H. Metcalf and Clara Summerset, San Francisco; Maggie Morgean, Alma M. Daley and Jennie M. Twining, San Bernardino; Lillie A. Martin, Lizzie A. Macmillan, Nellie F. Ray, William B. French, Clara Bruere and Sara C. Reese, Los Angeles.

EDUCATIONAL DIPLOMAS.

Educational diplomas of the grammar grade were issued to the following:

Percy S. King, Napa County; Nellie A. Wyckoff, Alameda; Mrs. Lena Anderson, Contra Costa; Nettie M. Hopley, Sacramento; W. A. Simons, Fresno; A. Rose Beckwith, Fresno; W. H. Meyer, Shasta; Mamie Kelly, Napa; Wm. J. Variet, Plumas; Norine Biggerstaff, May L. Bailey, J. Snabel Read and Kate J. Stevens, San Diego; Emma M. Dodge and Abraham L. Cothran, Merced; Rose V. Claiborne, Lillie A. Kalmuk, Maggie F. Haussler and Lizzie Moynihan, San Francisco; Maud E. Clark, Alameda; John E. Wright, Carrie W. Atkinson, William H. McImoil, Louise L. Williamson, Laura Hassler, Laura E. Wible and Marian E. Blake, Los Angeles.

It was ordered that educational diplomas of the grammar grade be granted to the following, with the understanding that they should not be issued until proper affidavits are filed by the parties requesting them; Katherine Littebrant, Merced County; Mertie Jordan and Elizabeth Fox, Trinity County.

The board adjourned, and will not meet again until December,

The Weather.

The Weather Bureau's reports show the temperatures at 5 A. M. and 5 P. M. yesterday to have been 54° and 77°, while the highest and lowest temperatures were 82° and 54°, with fresh southerly breezes and cloudless skies.

The highest and lowest temperatures one year ago yesterday were 88° and 52°, and one year ago to-day 90° and 53°.

P. A. Humbert's Estate.

Warden Aull of the State Prison at Folsom filed a petition in the Superior Court yesterday for letters of administration on the estate of the late P. A. Humbert. The petitioner states that, to the best of his knowledge, the value of the estate does not exceed $1,200.

SUBSTITUTIONS of well-known advertised articles seem to be the order of the day. We deem it only justice to our patrons to warn our readers against this form of piracy. When you want an article, ask your merchant or druggist for it and don't accept a substitute.

Damiana Bitters

TRADE MARK

The Great Mexican Remedy. Gives health and strength to the Sexual Organs.

J. HAHN & CO., 430 J Street, Agent.

Church Notices.

CONGREGATIONAL CHURCH, SIXTH street, between I and J—The pastor, Rev. J. B. Silcox, will preach at 11 A. M. and 7:45 P. M. Strangers are cordially invited.

CALVARY BAPTIST CHURCH, I STREET, near Twelfth—Regular preaching services by the pastor, Rev. J. H. Reider, morning and evening. Morning subject: "Wicked Rage Defeated." Evening subject: "The Requisites of a True Friend." A service of song, conducted by Prof. Barnes, will precede the evening sermon. *

CENTRAL M. E. CHURCH, ELEVENTH street, between H and I—Rev. C. H. Beechgood, pastor. Services at 10:45 A. M. and 7:30 P. M. Preaching by Rev. James Croassman. Sabbath-school at 12:15. Young people's meeting at 6:30 P. M. A cordial invitation to all. *

ENGLISH LUTHERAN CHURCH, FIREmen's Hall, Eighth street, between J and K—Rev. W. S. Hoskinson, pastor. Morning subject: "Futting Treasures Above Change or Loss." Evening: "Friendship." You will be very welcome here. *

EMMANUEL BAPTIST CHURCH, TWENty-fifth and N streets—Rev. H. B. Hutchins, pastor. Services at 11 A. M. and 7:30 P. M. Sunday-school at 12:15 P. M. *

FIRST BAPTIST CHURCH, NINTH street, between L and M.—Pastor, Rev. W. Ward Willis, having returned from his vacation, will preach at 11 A. M. and 7:30 P. M. Sunday-school at 12:15. Cordial invitation extended to all. Members please rally. *

FOURTEENTH-STREET PRESBYTERIAN Church, between O and P—Rev. G. P. Tindall, pastor. Services at 11 A. M. and 7:30 P. M. Sabbath-school at 12:15 P. M. Subject for morning: "Thankfulness"; for evening: "With Benefits Comes Responsibility."

FIRST CHRISTIAN CHURCH, EIGHTH street, between N and O—B. B. Burton, pastor. Preaching at 11 A. M. and 7:30 P. M. All seats free and a cordial welcome. *

GERMAN LUTHERAN CHURCH, CORner Twelfth and K streets.—Rev. Charles F. Oehler, pastor. German services. Sunday-school at 9 A. M. Sermon at 10:30 A. M., theme: "Jesus Predigt am Sarge der Geistlich Todten." Strangers and visitors in the city are bid a hearty welcome. *

M. E. CHURCH SOUTH, SEVENTH street, between J and K.—Preaching by the pastor, Rev. A. C. Bane, at 11 A. M.: "A Dead Church, or a Live Salvation Army, Which?" at 7:30 P. M.: "On Which Side?" A cordial welcome to strangers. *

SIXTH-STREET M. E. CHURCH, BEtween K and L streets—Preaching at 10:45 A. M. by Charles N. Crittenton, Esq., founder of Florence Mission. Sunday-school at 12:15 P. M. No evening service. *

ST. PAUL'S EPISCOPAL CHURCH, Eighth street, between I and J.—Sixteenth Sunday after Trinity. Morning prayer and holy communion at 11 A. M., Right Rev. Bishop J. H. D. Wingfield, celebrant. Evening prayer at 7:30 o'clock, with sermon by the Bishop. Sunday-school at 12:15 P. M. *

THE FLORENCE NIGHT MISSION, INstead of holding the usual union gospel service in the Mission rooms at 3 o'clock Sunday afternoon, 13th inst., will (D. V.) conduct religious services at that hour in the Plaza. Several five and ten-minute addresses by different ministers and laymen; good singing. One special feature of the meeting will be a chorus by converts of the Florence Mission. All invited, rich and poor, high or low, bond or free. Charles N. Crittenton, founder of Florence Mission. *

THEOSOPHICAL.—THE SACRAMENTO Theosophical Society will hold a public meeting in Pythian Castle Hall to-morrow evening at 7:30 o'clock, which will be addressed by E. B. Rambo of San Francisco on the all-important subject of "Karma." The public is cordially and especially invited to attend. Admission free. *

WESTMINSTER PRESBYTERIAN Church, corner Sixth and L streets.—Rev. R. M. Stevenson, pastor. Services at 10:45 A. M. and 7:30 P. M. Subjects: A. M., "A Christian Like the Sun"; P. M., "Becoming Beautiful." Sabbath-school, 12:15 P. M. Y. P. S. C. E. meeting, 6:30 P. M. We welcome everybody who gives us the opportunity. *

Meeting Notices.

WENONAH COUNCIL, NO. 2, Degree of Pocahontas, meets TO-NIGHT at Red Men's Hall, at 8 o'clock.

By order of POCAHONTAS.
MRS. E. J. BRAZILE, K. of R. 1t*

CALIFORNIA TEMPLE, NO. 1, PYTHIAN Sisters.—Regular meeting THIS (Saturday) EVENING at 8 o'clock.
MRS. DELLA PETTIT, M. E. C.
MRS. GEORGIA GUTHRIE, M. of R. C. 1t

ATTENTION, EXEMPTS.—An adjourned meeting will be held at Firemen's Hall THIS (Saturday) EVENING, September 12, at 8 o'clock sharp. A full attendance is requested. By order J. B. ROGERS, President.
WM. AVERY, Secretary. 1t*

Wanted.

WANTED—A GOOD SECOND-HAND typewriter at 1011 Ninth street. 1t

WANTED—A COMPETENT GIRL TO DO general housework in small family. Apply at White House, 517 J street. 1t*

WANTED—A GOOD GIRL FOR GENeral housework. Apply to DR. CLOW, 531 K street. se11-3t*

WANTED—YOUNG MAN WHO UNDERstands out-door photo business, or one willing to learn. Apply to BALDWIN, photographer, 421 J street. se11-2t*

WANTED—A GIRL FOR LIGHT HOUSEwork. Apply at 1322 P street. se11-2t*

WANTED—MAN WITH TEAM AND covered spring wagon to travel with a doctor. Address "J. W. T.," this office. s10-3t*

WANTED—TO RENT A CIGAR STAND in business part of the city. For particulars inquire at 422 Tenth street. se8-6t*

WANTED—A DESIRABLE TENANT wants a furnished house of from seven to twelve rooms. Address "B," Box 308, Sacramento P. O. au27-tf

WANTED—43 MEN AND BOYS TO make up a club for bicycles; $1 50 to $2 80 per week; cash prices on installments. Inquire at MELVIN'S, 718 K street.

WANTED—HORSES TO PASTURE. NO. 1 pasture. Inquire for TODHUNTER, at Yolo end of bridge.

WANTED—FIVE GENTLEMEN, WIDE awake, with good address; salary or commission. Apply to THE SINGER MANUFACTURING CO., 703 J street.

WANTED—MEN FOR FARMS, VINEyards, dairies, and all kinds of labor; women and girls for cooking and general housework; plenty of work for desirable help. Apply at EMPLOYMENT OFFICE, Fourth street, K and L.

THE FINEST LUNCH HOUSE—CAPITAL Ale Vaults. NAGELE & SVENSSON. Lunch from 11 A. M. to 2 P. M. Clam Chowder and Mussel Soup every evening, 6 to 12 o'clock. Finest Wines, Liquors and Cigars. au13-tf

The Nonpareil.

THE NONPAREIL.

GRAND DISSOLUTION SALE.

We start out with the knowledge that our merchandise is good and cheap, and we are more than satisfied that to all who enter our store it is self-evident that such is the case. One inspection is all we ask. You will do the rest. Having proved our promises true, you will enter the portals of THE NONPAREIL with confidence at all times. If business is at all quiet in Sacramento (as some carping critics assert, with whom we have no sympathy,) just drop into our store and see if it holds good with us. Perhaps it is true that in the past THE NONPAREIL never soared above a medium attitude, but with our new venture we intend to soar eagle high. Every new broom sweeps clean, but ours will not leave a particle behind it, although we admit it is not entirely new.

We are unwilling to withhold anything from the inspection of our patrons, because we believe that anything that the people will recognize as meeting a want tastefully and cheaply will find purchasers, and with this view we incidentally mention one or two lines of

New Dress Goods Just Opened.

Double-fold Manchester Suitings, in grays and browns, figured.....20c a yard
Double-fold Manchester Suitings, heavier and wider striped, in dark colors.....25c a yard
Checked Worsted Suitings, 36 inches wide, at..25c a yard
Good value for 50c.
Bonclay Check Flannel Suitings, 36 inches wide..50c yard
These shadings are quite artistic and the quality is excellent.
Camels' Hair, with colored dashes, in various shades, colors and prices.
These are superb lines, and we ask our patrons to see them. We have also the same goods in plaids, which are extremely effective.

Permit us to remind you that a few of those great bargains are still obtainable in

COMBINATION SUITS,

Which, for the balance of our sale, we shall sacrifice as follows:

$20 and $25 Suits reduced to.....$10 00
$15 Suits reduced to.....$7 50
$13 50 Suits reduced to.....$6 50
$10 Suits reduced to.....$4 50

So pronounced a success as that which our Dissolution Sale has achieved, and which has convulsed whole circles of our population, has resulted in fresh inducements to us to increase our new importations, and we have consequently taken the necessary steps to secure a supply far in excess of our original orders, as we intend to lead, not only in price and quality, but in variety and choice.

Wasserman Davis & Co.

Corner Fifth and J Streets.

AGENTS FOR BUTTERICK PATTERNS

NEW GOODS CONTINUALLY COMING IN.

We place on our counters to-day 50 pieces 4-4 FRENCH PRINTS at 5c a yard. They used to run from 12½ to 15c formerly.

All-linen Huck Towels for 75c a dozen.
All-linen Huck Towels, large size, $1 a dozen.
56-inch Table Linen, 25c a yard.
60-inch Table Linen, 50c a yard.
NO SUCH VALUES IN THE CITY.

CLOAKS.

We are showing upward of sixty styles, in prices ranging from $4 to $40. Fur trimmings are very popular. It seems concluded that sealettes will have to make room for cloth goods. At all times, and in no doubtful manner, you will find us what we profess to be—THE LOWEST IN PRICES.

P. D. CORSETS, R. & F. CORSETS, } $2 65.
Guaranteed or Money Refunded.

THE CHAS. WEIGER DRY GOODS CO.,

519 and 519½ J Street.

Lost—Found.

$25 REWARD—STOLEN—A BAY MARE, with a wart on her right ear, white face; also sorrel colt four months old, four white feet, flea bitten on neck. Any person returning the mare and colt to 1512 J street will receive above reward. se12-2t*

LOST—AT THE DEPOT, AUGUST 26TH, a black Astrakhan cape and autograph album. Finder return to 904 J street and be rewarded. se9-2w

To Let or Rent.

TO LET—1128 NINTH STREET, A FLAT of five rooms, furnished complete for housekeeping; also three unfurnished rooms for housekeeping. se12-12t*

TO LET—NO. 1613 P STREET, A COTtage of five rooms; barn on the place. Apply to Mrs. J. A. Barrett, 701 Tweifth street. se12-tf

TO LET—NEWLY FURNISHED ROOMS, single or en suite, at 820 Eighth street, between H and I. se13-3t*

TO LET—NICELY FURNISHED ROOMS. Inquire at 408 N street, upstairs. se10-3t*

FURNISHED ROOMS—BY THE DAY, week or month, at 1020 Sixth street, west side, between J and K. se10 3t*

TO RENT—SUITE OF FRONT ROOMS, with kitchen, for light housekeeping. 1528, corner Second and P streets. se10-3t*

TO RENT—PLEASANT FURNISHED front rooms during fair. Apply at 601½ J street. se10-3t*

TO RENT—A HOUSE IN YOLO, BLOCK and a half west of the bridge, containing five rooms. Apply at 728 J street. se10-3t*

FOR RENT—NICELY FURNISHED front rooms, en suite or single. 727 J street. se1-1m

TO LET—FURNISHED ROOMS. MRS. C. A. D. GRAY, 719½ J street. se7-1w*

TO LET—TWO UNFURNISHED ROOMS suitable for housekeeping. Inquire C. H. KREBS & CO., 626 J street. se4-tf

GLEEMAN HOUSE, CORNER THIRD and J streets, Sacramento. This house has been rebuilt, newly papered and painted throughout; public reading-room and bath-room free to guests; transient customers solicited; single rooms, 25c; double rooms, 50c. MRS. A. GLEEMAN, Proprietress. se3-1m

FURNISHED ROOMS, WITHOUT BOARD, at International Hotel, 320 to 326 K street. W. A. CASWELL, Proprietor. se2-tf

TO LET—THE BRUCE HOUSE, ON J street, between Tenth and Eleventh. Inquire at GUTHRIE BROS., 127 J street.

TO RENT—CITY HOTEL, SACRAMENTO; 90 rooms, all furnished; doing good business; rare chance for hotelman; no others need apply. For particulars inquire of P. CONLAN, 311 K street.

FURNISHED ROOMS AT CENTRAL House from $5 per month upward; also family rooms at low prices. HORNLEIN BROS., Proprietors.

SEND THE WEEKLY UNION TO YOUR friends in the East.

For Sale.

FOR SALE—100-ACRE, WELL IMproved farm, just as fine as the best of Orange Vale lands, nearer Sacramento; only $4,000. Apply to STROBEL, 317 J. se10-6t*

FOR SALE—ONE SKELETON WAGON, first-class make, in first-class order, and suitable for speeding. Inquire at A. MEISTER'S CARRIAGE FACTORY, 910 Ninth street. se8-6t

FOR SALE, CHEAP—A HOUSE AND LOT. Inquire at 1919 N street. se7-6t*

FOR SALE—A RESTAURANT DOING first-class business. Address F., this office. se4-tf

FOR SALE—BLACKSMITH AND WAGON shop in a railroad town. Doing a first-class business. Inquire at this office. s3-2w-w2t*

FOR SALE, OR TO RENT ON LEASE—Thirteen acres of rich bottom land adjoining city, suitable for gardening or dairy; will grow alfalfa; has good barn and fences, small cabin; if sold will take small payment down, balance on time to suit purchaser. Apply to JAMES HOLLAND, 1711 G st., city. au31-tf

FOR SALE—COMBINATION BILLIARD table, almost new; cost $375; will sell for $150. Apply at 1023 Third street. au28-tf

FOR SALE—A ROADSTER, CART AND harness. Apply to 227 K st. au26-tf

FOR SALE OR TO RENT—160 ACRES OF good land, well improved, four miles from Davisville (John Mooney's old place); new house and barn, good outbuildings. Inquire of CATHERINE BURNS, Slater's Addition, below Pioneer Mills. au22-1m*

FOR SALE CHEAP—ONE OF THE OLDest hotels in the city. Apply at this office.

FOR SALE—ONE OF THE FINEST AND largest saloons in the city; extra family entrance; best location; stock and lease. Inquire at this office.

FOR SALE OR TO RENT ON LEASE—Ten acres of bottom land, one mile below Washington, Yolo County; if sold will take small payment down. Apply to EDWIN K. ALSIP & CO., Real Estate and Insurance Agents, 1015 Fourth street.

FOR SALE—A FARM CONTAINING 87 acres, situated 2½ miles from county seat and 1 mile from railroad station; 50 acres under cultivation, planted in trees, vines, etc.; 37 acres in timber; good buildings; good well and spring, 2 horses and harness, 2 wagons, 7 head stock and all necessary farming utensils; the above land is nearly all under a large canal. Reason for sale, old age. Inquire of WM. A. KRAMP, Diamond Springs, Cal. jy16-3m*

FOR SALE—140 ACRES OF RECLAIMED land on Grand Island, Sacramento county, fronting on Old River, between Walnut Grove and Isleton; orchard of pears, plums and quinces; will be sold at a bargain. For terms and particulars inquire at this office or at the U. S. Land Office, San Francisco.

General Notices.

TICKET NO. 92 WON THE CLOCK ON September 5th at Heffernan & Dalton's store, Twelfth and P streets. se11-2t*

THE NEWS OF THE WORLD EVERY day in the RECORD-UNION.