

THE ALPHABET OF HEALTH.

A void drafts and chills. B ware of catching colds. C oughs, grip and pneumonia. D o not take any risks. E ven if you are quite well, F or danger is always near. G rip is in the air, H idden diseases hover about and I nfluenza threatens us J ust at this season. K nowing this should lead us to L ook after our health, and M eet these trying conditions. N ature must be assisted, O ur systems need regulating and P ure, rich blood must flow Q uickly through our veins. R enowned physicians say that a pure S timulant is the best thing T o take for promoting health; U niting, also, in praising the V irtues of Duffy's pure malt whisky, W hich is medicinally pure, and X cellent in effect. Y oung and old experience renewed Z est and benefit after using it.

Nature's Remedy for the Blood. DR. CLARK'S CHAUL-MOO-GR. The best alternative known to the medical faculty. In use by the leading hospitals, endorsed by all Physicians. See United States Dispensary regarding Chaul-Moo-Gr. as a curative in all cases of Dyspepsia, Indigestion, Biliousness, etc. Sold under a positive guarantee by A. L. DRUGGISTS or the Manufacturers, San Francisco, Cal. Every package contains a valuable present.

SEALED PROPOSALS. BIDS WILL BE RECEIVED AT THE OFFICE OF THE CITY CLERK UNTIL 5 O'CLOCK P. M. ON MARCH 30, 1896, for new boilers of 30 horse-power, aggregate, for Water Works. Bidders furnishing estimates on return tubular boilers must give on basis of fifteen square feet of heating surface being equivalent to 1 horse-power. Said boilers required to carry 150 pounds of steam at working pressure, with all necessary valves, pipes, breechings, fronts, grate-bars and fixtures complete. Boilers must be set up in working order on or before June 10, 1896. Bidders must furnish their own specifications, and specify the kind of boiler and on return tubular or water tube boilers. A certified check for 10 per cent of amount of bid must accompany each bid. The board reserves the right to reject any and all bids. Attest: M. J. DESMOND, City Clerk. m13-174

SEALED PROPOSALS. BIDS WILL BE RECEIVED AT THE OFFICE OF THE BOARD OF TRUSTEES UNTIL 5 O'CLOCK P. M. ON MARCH 16, 1896, for 8 dozen 1 inch taps, 8 dozen 3/4 inch taps. Said taps to be of good quality of brass and free from sand or blow holes, finished in workmanlike manner and of a standard suitable to machine work. Taps to weigh not less than 1 1/2 lbs for 1 inch and 2 lbs 2 oz for 3/4 inch taps. A certified check for 10 per cent of amount of bid must accompany each bid. Board reserves right to reject any and all bids. Attest: M. J. DESMOND, City Clerk. m17-8t

SEALED PROPOSALS. BIDS WILL BE RECEIVED AT OFFICE OF BOARD OF TRUSTEES UNTIL 5 O'CLOCK P. M. ON MARCH 16, 1896, for 7,000 feet of 6 inch cast iron water pipe. Said pipe to be of good quality cast iron and weigh not less than 30 lbs per foot, and be well coated with asphaltum or tar, and be delivered at freight sheds or steamer landing in this city. A certified check for 10 per cent of amount of bid must accompany each bid. Board reserves right to reject any and all bids. Attest: M. J. DESMOND, City Clerk. m17-8t

NEW FIRM. BERT MARTIN AND WILL H. Young are now ready to receive the patronage of all their friends who wish to be served with first-class meats of all kinds. Place of business northwest corner Twelfth and O streets. Give the boys a trial.

Big C is a non-poisonous remedy for Gonorrhea, Gleet, Spermatorrhea, Whites, etc. It is a natural diuretic, and its action is to cleanse the system, irritate or ulcerate the mucous membranes. Non-antiseptic. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles, \$2.75. Regular size on request.

GOLD DUST. are usually a sign that a woman has more than enough to do; that all her time and strength are utilized in doing heavy work; that she don't use GOLD DUST WASHING POWDER. If she did use this great cleaner, her heavy work would be so lightened that the little things needn't be neglected. THE N. K. FAIRBANK COMPANY, St. Louis, Chicago, New York, Boston, Philadelphia, San Francisco.

H. MARKS SAYS CLOTHING, FURNISHING GOODS, BOOTS AND SHOES, TRUNKS AND VALISES, HATS, ETC. PRICES RIGHT! STOCK LARGER! MORE KINDS! BETTER KINDS! Than any other store in the city. All going at the Cut Price Sale. H. MARKS, 414-416 K Street.

VOICE OF THE PRESS.

Expressions of Interior California Newspapers.

Comments Upon Things Local, General, Practical, Theoretical and Current.

Eureka Times: The growth of sensationalism in the American press has reached such magnitude that decency required that some decisive steps be taken to at least keep it within certain bounds. It was carried to such extremes that the Postal Department felt obliged to interfere and a Chicago editor has been sentenced to a long term of imprisonment for sending obscene literature through the mails. This action will probably have a very salutary effect upon that class of journals whose reporters invade the privacy of homes seeking rich and racy paragraphs for their prurient-minded readers.

A MISTAKE. Redding Free Press: One mistake which the radical silver men make is to ascribe dishonest motives to those who do not agree with them. Now, no one has a right to claim that the silver men are dishonest, or that those who do not believe in the free coinage of silver are thieves, etc. There are a great many men who have made the financial question a study with an honest desire to arrive at an honest conclusion, and it is wrong to assert that they are actuated by dishonest motives.

ABSURD IDEA. San Jose Herald: The attorney of the Brotherhood of Locomotive Firemen has prepared a bill for presentation to Congress for the compulsory settlement of wages disputes on interstate railroads. He holds that if Congress has the right to regulate freights it may also regulate wages.

It ought to be superfluous to point out the radical difference between the two propositions. The right of Congress to regulate freight rates on interstate roads grows out of its constitutional control of interstate commerce. Congress does not fix rates but declares that they must be governed by certain general principles to secure the welfare of the public and justice to individuals. It controls the relations of the railroads to the people.

THE POPE AND THE SOCIETIES. Mail of Woodland: The Pope has somewhat modified his decree against the secret societies, so that those who joined previous to the ban being placed on them can remain members and continue to pay dues, but they must in the meantime abstain from all association or commingling with these sects. In other words, they can be beneficiary members only. These societies should amend their constitutions so as to exclude all such members.

ALTOGETHER TOO CATCHY. Santa Cruz Sentinel: A contemporary says: "Governor Budd has made a proposition which is likely to be 'catchy.' It is that inasmuch as liquor selling and liquor drinking have caused much of the insanity and imbecility of the State, therefore there ought to be a uniform liquor license throughout the State, and a portion of such license ought to go to the support of the State's asylum."

SOLEMN TRUTHS. Fresno Expositor: If newspapers are only placed before the public to feed the vulgar appetite and flourish off the results of shame and degradation, better they were made to feed the flames of righteous indignation. If their influence is not to the betterment of mankind in molding public opinion in lines of truth, honesty and virtue they are brigandage, and engaged in the work of opposing the onward march of civilization. The fawning sycophant, who "binds the pregnant tongue in fetters that thirt may follow fawning," is a wart on society and his influence is only recognized in fear that he may uncover some rascality or breed one that will blast a fair and honorable name. No matter how base the human character in any man, he admires the hero who holds in his hand the lash of justice and dares to use it in condemnation. In the broad light of experience it does not pay to advocate crime and licentiousness or to cover it up. He is the admired who dares to lead where it is safe to follow, and the people expect just such a leader in an editor. No other can be respected and no other should be patronized.

Opening a Sluice Gate. Relieves a dam of a superabundance of water. The bowels are a kind of sluice gate of the system, and serve to carry off superfluities which would otherwise flood and damage it. Constipation obstructs this avenue of escape. Hostetter's Stomach and Bowel Remedy opens and relieves the system. This it does gently and gradually, but completely, and does not, like a violent purgative, excite the system, but softens the bowels, and leave them weak and unfit for efficient service afterwards. On the contrary it is a tonic and invigorates it the same time that it relieves them. It also strengthens and imparts activity to the stomach, and counteracts the tendency to rheumatism and invigorates the nervous system. For the relief and prevention of indigestion, bilious remittent, dumb ague and fever, it has no peer among modern remedies. For persons suffering from the debility or infirmities of age find it highly beneficial.

Frederick the Great had eyes of a clear blue. One of his biographers compared the luster of his eye to that of polished steel.

A cough should not be neglected. Brown's Bronchial Troches are a simple remedy and give immediate and sure relief.

MUNYON WILL CURE YOU CATARRH POSITIVELY CURED. Immediate Relief for Rheumatism, Coughs, Colds, Asthma, Lung Troubles Healed—Sure Specific for Indigestion and Dyspepsia—Munyon's Kidney and Liver Cures Never Fail—All Nervous and Blood Diseases Successfully Treated, Druggists Sell Munyon's Homeopathic Remedies—"Guide to Health" Free, Will Teach You How to Cure Yourself. T. F. Elliott, attorney-at-law, South Omaha, Neb., says: "My daughter has been troubled with catarrh for about ten years. During the last few years we much feared that she was going into consumption. About three months ago I noticed in the papers an ad. for Munyon's Catarrh Cure, and resolved to give it a trial. My daughter has taken three bottles with such good results that to-day she is almost, if not perfectly, cured of the dread disease. I have no hesitation in recommending Munyon's Catarrh Cure to anyone afflicted with catarrh."

Munyon's Rheumatism Cure never fails to relieve in one to three hours, and cures in a few days. Price, 25c. Munyon's Dyspepsia Cure positively cures all forms of indigestion and stomach trouble. Price, 25c. Munyon's Cold Cure prevents pneumonia and breaks up a cold in a few hours. Price, 25c. Munyon's Cough Cure stops coughs, night sweats, allays soreness and speedily heals the lungs. Price, 25c.

Munyon's Kidney Cure speedily cures pains in the back, loins or groins and all forms of kidney disease. Price, 25c. Munyon's Nerve Cure stops nervousness and builds up the system. 25c. Munyon's Catarrh Remedies never fail. The Catarrh Cure price 25c—eradicates the disease from the system, and the Catarrh Tablets—price 25c—cleanse and heal the parts. Munyon's Asthma Cure and Herbs relieve asthma in three minutes and cure in five days. Price, 50c cents each. Munyon's Headache Cure stops headaches in three minutes. Price, 25c. Munyon's Pile Ointment positively cures all forms of piles. Price, 25c. Munyon's Blood Cure eradicates all impurities of the blood. Price, 25c. Munyon's Vitalizer restores lost powers to weak men. Price, \$1.

SEPAERATE CURE FOR EACH DISEASE. At all druggists, 25c a bottle. Personal letters to Professor Munyon, 1505 Arch street, Philadelphia, Pa., answered with free medical advice for any disease.

BIDS FOR HAULING WOOD. SEALED BIDS WILL BE RECEIVED BY THE UNDERSIGNED AT HIS OFFICE, NO. 1015 FOURTH STREET, UNTIL MONDAY, MARCH 16th, at 4 p. m., for the hauling of 3,000 CORDS (more or less) of four-foot and stove wood from Fair Oaks to any point in Sacramento City, in lots of two or more cords at each delivery. (m12-4) EDWIN K. ALSIP & CO.

Assignee's Sale of Personal Property. NOTICE IS HEREBY GIVEN THAT the undersigned, as the assignee of the estate of HONG PING, an insolvent debtor, will on MONDAY, the 16th day of March, 1896, upon the premises, No. 2214 K Street, in the city of Sacramento, pursuant to an order of the Superior Court of the State of California, in and for the county of Sacramento, made on the 24th day of February, 1896, sell at public auction, for cash, in gold coin, to the highest and best bidder, United States gold coin, the entire estate of said insolvent debtor, the same consisting of a stock of general merchandise, comprising groceries, liquors, etc., together with a lot of book accounts and bills receivable belonging to said debtor and consisting of the same as hereinafter set forth, by him said assignee, also certain fixtures and appurtenances, belonging to said store, consisting of counters, shelves, etc. Dated, Sacramento, Cal., March 8, 1896. FRANK T. HENNING, Assignee. Albert M. Johnson, Attorney. m12-6t

Notice of Sale of Real Estate by Administrator. NOTICE IS HEREBY GIVEN THAT under and pursuant to an order of the Superior Court of the county of Sacramento, State of California, duly given and made on the 6th day of March, 1896, in the matter of the estate of LAVINA JONES, deceased, the undersigned administrator of the estate of said deceased, will sell at public auction, to the highest bidder, for cash, United States gold coin, subject to confirmation by said Superior Court, on SATURDAY, the 4th day of April, 1896, at 11 o'clock a. m., on the premises, in the city of Sacramento, county of Sacramento, State of California, certain real estate, to-wit: the right, title, interest and estate of the said Lavina Jones, at the time of her death, and all the right, title and interest therein, which said real estate is and is to all those certain lots, pieces or parcels of land situate, lying and being in the said city of Sacramento, county of Sacramento, State of California, and described as follows, to-wit: The south 83 feet of the west 50 feet of block 1, lot 7, and the west one-half of lot 7, all in the block O and P, Twenty-fifth and Twenty-sixth streets, of said city of Sacramento, county of Sacramento, State of California. Terms and conditions of sale: Cash. United States gold coin, 10 per cent of purchase price to be paid at the time of making the sale, balance on confirmation of sale by said Superior Court. Deed at expense of purchaser. Dated this 9th day of March, 1896. Administrator of the estate of Lavina Jones, deceased. C. H. Oatman and W. W. Rhoads, Attorneys for administrator. m12-6t

Keep In Mind THE SUNSET LIMITED For the Season of 1895-96. WILL RUN SEMI-WEEKLY BETWEEN— San Francisco, Los Angeles and New Orleans, —OVER THE GREAT— SUNSET ROUTE, LEAVING SAN FRANCISCO Tuesdays and Saturdays From Tuesday, November 5, 1895. The most complete, modern, elegantly equipped and perfectly arranged vestibled Transcontinental Train in America. New Equipment, especially designed and built for this service. Nothing spared to assure PERFECT COMFORT and the highest degree of ENTERTAINMENT obtainable WHILE TRAVELING. Direct connections in New Orleans for all Eastern points. Quick time. Only one change. WOOD AND COAL. BEST QUALITY OF ALL KINDS OF FUEL. Lowest Price. CARPET CLEANING. Our facilities unequalled. Superior Wood and Coal Co. W. K. COCHRAN, 1205 K Street. HOW IS THIS FOR CASH! OAK STOVE WOOD, \$8; LIVE OAK WOOD, \$7; ROCK SPRING COAL, \$8; HARD COAL, \$9; WELLINGTON COAL, \$10. KEET'S WOODYARD, 215 L ST. M LAGES, GROCERIES AND PROVISIONS. HAY, FEED AND GRAIN. TRY OUR CUP AND SAUCER COFFEE and Banner Powder. Goods delivered free. 1428 and 1430 Second Street. FOR FIRST-CLASS GOODS At Reasonable Prices Call on TOM SCOTT, Plumber, 303 J STREET.

Indapo Made a well Man of Me! THE GREAT HINDOO REMEDY PRODUCES THE ABOVE RESULTS IN 80 DAYS. Cures all Biliousness, Indigestion, Headache, Nervousness, Nightly Emesis, Constipation, Loss of Vigor and Stomach, Shrunken Organs, and quickly restores lost Manhood to old or young. Fully guaranteed. Price \$1.00 a package. Six for \$5.00 with a bottle guaranteed to cure or your money refunded. Buy on installment, but insist on having INDAPPO. For full particulars, send for circular. Sold by Ing & Allen, 712 J St., SACRAMENTO, CAL., and leading druggists elsewhere. CAPT. RUHSTALLER'S Extra Gilt Edge ALSO FINE OLD PORTER, Delivered to Saloons Ice Cold. Capacity, 75,000 to 100,000 Barrels Per Year. BEST BEER IN THE WORLD TRY IT.

BANKING HOUSES. NATIONAL BANK OF D. O. MILLS & CO. Sacramento, Cal.—Founded 1850. DIRECTORS: D. O. MILLS, EDGAR MILLS, S. PRENTISS SMITH, FRANK MILLER, President, CHARLES F. DILLMAN, Cashier. Capital and Surplus, \$600,000. SACRAMENTO BANK. THE OLDEST SAVINGS BANK in the city, corner Fifth and J streets, Sacramento. Guaranteed capital, \$500,000; paid up capital, gold coin, \$400,000; reserve fund, \$50,000; term and ordinary deposits, \$5,488,068; loans on real estate January 1, 1895, \$2,300,660. Term and ordinary deposits received. Dividends paid in January and July. Money loaned upon real estate only. Information furnished upon application to ED. R. HAMILTON, Cashier.

CALIFORNIA STATE BANK, SACRAMENTO. Does a General Banking Business. SAFE DEPOSIT VAULTS. OFFICERS: President, FREDERICK COX; Vice-President, JOSEPH STEFFENS; Cashier, W. E. GERBER; Assistant Cashier, C. E. BURNHAM. DIRECTORS: W. E. CLARK, GEORGE C. PERKINS, FREDERICK COX, JOSEPH STEFFENS, PETER BOHL, ADOLPH HILLBRON, W. E. GERBER.

FARMERS' AND MECHANICS' SAVINGS BANK. Fourth and J Streets, Sacramento, Cal. LOANS MADE ON REAL ESTATE. Interest paid semi-annually on Term and Ordinary Deposits. B. W. STEINMAN, President; EDWIN K. ALSIP, Vice-President; D. D. WHITE, Cashier; H. CUMMINGS, Secretary; JAMES M. STEVENSON, Surveyor. PEOPLE'S SAVINGS BANK. Sacramento, Cal. Guaranteed capital, \$410,000; paid up capital, gold coin, \$225,500; Surplus, 75,000.

INTEREST PAID SEMI-ANNUALLY ON Term and ordinary deposits. Money loaned on real estate only. Address all communications: People's Savings Bank, Sacramento. WM. BECKMAN, President. GEORGE W. LORENZ, Secretary. CROCKER-WOOLWORTH NATIONAL BANK, Crocker Building, Market and Post Streets, San Francisco. PAID UP CAPITAL, \$1,000,000. SURPLUS, \$563,035. DIRECTORS: President, W. M. H. CROCKER; Vice-President, W. E. BROWN; Cashier, G. W. KLINE; CHARLES F. CROCKER, HY J. CROCKER, G. SCOTT, E. T. FOND.

RAILROAD TIME TABLE. SOUTHERN PACIFIC COMPANY (PACIFIC SYSTEM.) NOVEMBER 20, 1895. Trains Leave and are Due to Arrive at Sacramento.

LEAVE (FOR)	TRAINS RUN DAILY	ARRIVE (FROM)
11:00 P	Ashland and Portland	6:20 A
6:45 A	Chicago and Napa	8:10 P
3:00 P	Callisto and Napa	11:20 A
4:40 P	Dunsmuir, El Paso and East	9:45 A
7:10 P	Callisto and Napa	10:05 A
7:10 P	Knights La'g & Oroville	7:45 A
10:25 A	Los Angeles	9:45 A
11:40 A	Atlantic Express for Ogden and East	4:30 P
10:00 P	European Mail for Ogden and East	6:50 A
3:05 P	Oroville via Towle	7:10 P
4:35 A	Red Bluff via Knights La'g & Marysville	6:40 P
6:45 A	Red Bluff via Woodland	7:10 P
3:05 P	Red Bluff via Marysville	10:15 A
10:30 A	Redding via Willow	3:35 P
8:00 P	San Fran'co via Benicia	11:20 A
6:10 A	San Fran'co via Benicia	9:40 P
6:15 A	San Fran'co via Benicia	10:35 P
8:00 P	San Fran'co via Benicia	8:10 P
10:00 A	San Fran'co via steamer	6:00 A
10:25 A	San Fran. via Livermore	2:50 P
8:30 P	Santa Rosa	2:50 P
10:25 A	Santa Barbara	2:50 P
6:45 A	Santa Rosa	11:20 A
10:25 A	Stockton and Galt	2:50 P
9:45 A	Stockton and Galt	9:45 A
4:40 P	Stockton and Reno	4:30 P
10:00 P	Truckee and Reno	6:50 A
8:10 P	Vallejo	8:10 P
3:00 P	Vallejo	11:20 A
*7:00 A	Folsom and Placerville	*4:40 P
*5:10 P	Folsom and Placerville	*9:15 A

Sundays excepted. Monday excepted. A—For morning. P—For afternoon. RICHARD GRAY, Gen. Traffic Manager. T. H. GOODMAN, Gen. Passenger Agent.

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11:40 A	Atlantic Express for Ogden and East	4:30 P
10:00 P	European Mail for Ogden and East	6:50 A
3:05 P	Oroville via Towle	7:10 P
4:35 A	Red Bluff via Knights La'g & Marysville	6:40 P
6:45 A	Red Bluff via Woodland	7:10 P
3:05 P	Red Bluff via Marysville	10:15 A
10:30 A	Redding via Willow	3:35 P
8:00 P	San Fran'co via Benicia	11:20 A
6:10 A	San Fran'co via Benicia	9:40 P
6:15 A	San Fran'co via Benicia	10:35 P
8:00 P	San Fran'co via Benicia	8:10 P
10:00 A	San Fran'co via steamer	6:00 A
10:25 A	San Fran. via Livermore	2:50 P
8:30 P	Santa Rosa	2:50 P
10:25 A	Santa Barbara	2:50 P
6:45 A	Santa Rosa	11:20 A
10:25 A	Stockton and Galt	2:50 P
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10:00 P	Truckee and Reno	6:50 A
8:10 P	Vallejo	8:10 P
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Sundays excepted. Monday excepted. A—For morning. P—For afternoon. RICHARD GRAY, Gen. Traffic Manager. T. H. GOODMAN, Gen. Passenger Agent.

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