

POISONS IN EVERYDAY FOOD.

Infinitesimal in Quantity, But Virulent if Concentrated.

New York Tribune.

One of the curious and little known facts brought to light by recent investigations is that in almost every kind of food some small amount of poison is to be found.

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Tapoca is another food substance that contains poison. This has long been known. The fact was again called to the attention of scientists by Henry M. Stanley, who carried in his kit on one of his journeys in the dark continent a large quantity of tapoca, and had the opportunity to detect the danger in its use when not properly prepared.

Even beer has its portion of poison, a substance known as picro-toxin. Lemon juice contains a virulent and dangerous element—citric acid—and in many of the lemon drops and bottles of lemon juice commercially prepared this substance is made up in the laboratory and mixed with a disregard of the way nature does it.

Bitter almonds have poison in them to such a perceptible extent that actual cases of poisoning are on record. Strawberries and rhubarb contain oxalic acid. This, as almost everybody knows, is one of the most deadly and rapid poisons when used in any appreciable quantity.

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Captain Phillips, of the United States revenue cutter Wolcott, has been relieved from command of the Wolcott, and ordered from Port Townsend to San Francisco, to take command of the cutter Perry.

The contract for the erection of the Gray's harbor light station was awarded Tuesday to C. J. Ericson, of Seattle, for \$30,700. The metal work contract was awarded to Patrick F. Dundon, of San Francisco, for \$7,443.

Receiver E. E. Crowell, of the Shelton & Southwestern Railroad Company has been removed, and W. H. Maxwell, Mason county treasurer, appointed in his stead. A. J. Munson has been placed in charge of the office.

The salmon hatchery at Chenoweth has turned loose several thousand young fish during the past few weeks. Nearly 2,000,000 eggs were taken care of this season, and the capacity will be increased to about 15,000,000 by next season.

Contracts have been let to the Everett Terminal Company for the construction of the new Snohomish county courthouse at Everett. The outlay will be \$30,000, and the money for it was raised by citizens of Everett prior to the election, providing for the removal of the county-seat from Snohomish.

In digging a well at Quilcene, 26 miles from Port Townsend, at the base of the Olympic range of mountains, a vein of coal was discovered Tuesday. It is thought it is a good vein, and it is located within one mile of the Port Townsend Southern railway. Within the past three years over \$100,000 have

HOUSEHOLD NOTES.

If a burn is sprinkled freely with powdered charcoal the burning sensation will be relieved almost immediately.

When cut flowers become wilted they may frequently be freshened by clipping off the ends and dipping the stems in hot water for a few moments.

When putting away silverware that is not in use all the time do not neglect to sprinkle a few tiny bits of camphor gum in each case before rolling it up; then if the silver is put away in a close box it will not become discolored.

All the tiny pieces and crusts of bread should be saved; their uses are numerous. They can be made into puddings, stuffings for meat and fish, and excellent griddle cakes. Or if the pieces are dried in a moderate oven, then rolled and sifted, they are always ready to cover croquettes, scalloped dishes, and other things.

Often the window glass requires to be cleaned, but it is so cold and the air so full of frost that it does not seem advisable to wash the glass with water. Try a flannel cloth; moisten it with paraffine oil and rub the glass with it. Have at hand a fresh flannel cloth and rub over the glass with it. This method will give better results than soap and water.

Frequently one will be annoyed by worms in the soil around the roots of the window plants. The worms may be disposed of by thoroughly wetting the earth with lime water, using about half a cup of lime to three quarts of water. Let all the lime dissolve that will, then pour on the clear water and leave the sediment. Use this water upon the soil.

In washing small dried fruits, such as cherries, currants, or berries, the best way is to turn them into a colander or coarse sieve and stand it in a deep pan of clean water. Thoroughly rub the fruit between the hands, and change the water as often as needed. Finally hold up the vessel containing the fruit and turn on cold water. Then spread on clean towels to dry.

Cheese straws that will keep some time can be made as follows: To a cup of grated cheese, add salt and pepper, two teaspoonfuls of melted butter, three of cold water and enough flour to make a soft dough. Mix with a fork until stiff enough to separate from the sides of the bowl, lay on a moulding-board dusted with flour, sift flour over it, roll out as thin as pie crust, cut in strips a quarter of an inch wide and bake.

Great care should be used in washing silk underwear. Soap never should be rubbed directly upon the garment. Strong soapsuds made of warm water and white soap will be found best. Squeeze the garment in this water, and then, if the garment is very much soiled, pass it through another warm suds and then rinse in a lukewarm water. Press between the hands to get out the water, shake well, and pull into shape, and when the garment is nearly dry press it on the wrong side with a moderately hot iron.

There is a scheme on foot to dike the town of Stanwood on all sides.

The women of Kalama are arranging for a female minstrel show, to be given early in February.

The Spokane mills during 1896 turned out \$1,657,500 worth of flour, besides 40,000 barrels of graham, rolled oats, wheat manna, rye flour, etc.

Suit has been commenced against J. W. Maple, retiring treasurer of King county, to compel the payment of \$16,947.10 in county funds held in banks which suspended during his incumbency.

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Almost every man in America has some digestive trouble. When men meet the question usually is 'Well how are you?' That depends on the health of the man who has no stomach trouble is almost a curiosity. Trouble is made of iron pills. They work as if their bodies were made of iron.

It was to give just help that Dr. Pierce's Pleasant Pellets were prepared. They are for constipation and torpid liver, and in curing those derangements—cure many complications and resultant diseases, such as sick and bilious headache, dizziness, sour stomach, loss of appetite, indigestion, or dyspepsia, windy belchings, heartburn, pain and distress after eating, and kindred derangements of the liver, stomach and bowels.

On the night of the 21st inst., there was a big landslide at Port Townsend. Tons of dirt fell from the hill on the west side of Taylor street, at the second flight of terrace steps, carrying with it the high cribbing and completely obstructing the passage on that side of the street. Luckily no one was passing at the time.

George W. Rhodes and Seth D. Rhodes, of Tacoma, were committed to the insane asylum, at Steilacoom, on the 21st inst. They are brothers and located in Tacoma in 1874. G. Rhodes is an artist and it is said has much ability. The brothers at one time owned considerable property, which is now heavily mortgaged.

The Aberdeen Business Men's Association has formulated a protest against the removal of A. P. Stockwell as Northern Pacific express agent at that place. Mr. Stockwell conducts extensive fishing interests on Gray's harbor, and through his efforts, an extensive business in the shipment of fresh fish to Eastern markets has been built up.

James Stephens, who is said to have started several incendiary fires in Walla Walla during the summer of 1896, was Tuesday convicted of arson in the Superior court, for setting fire to the Hamilton-Rourke warehouse, January 9, 1896. The defense had very little evidence to offer, and the jury, after being out one hour, returned a verdict of guilty.

An order from Shanghai for 10,000,000 feet of lumber has been placed with Sound parties.

The 3,000 strikers at the Spring Hill coal mines in Illinois are in destitute circumstances.

The War Eagle mine at Rossland has been sold to a London syndicate for \$700,000 cash.

Advertisement for Catarrh, Hay-Fever, and Colds in the Head, featuring a bottle of medicine.

Advertisement for Robert Marr, Home Drug Store, located at Fifth and Eastside Streets.

Advertisement for Patent Medicines, Perfumery, Toilet and Fancy Goods, Writing Material, Envelopes, Ink, Pens, Pencils, etc.

Advertisement for Patent Paints and Varnishes, Oils and Brushes.

Advertisement for C.A. Snow & Co., Patent Medicines, Perfumery, and Job Printing.

Advertisement for Northern Pacific R.R. Pullman Sleeping Cars, Tourist Sleeping Cars, and Through Tickets to Chicago, Washington, Philadelphia, New York, Boston, and all points East and South.

Advertisement for J.T. Mills & Co., Family Groceries, Hay and Feed, located at 205 West Fourth Street, Olympia.

Advertisement for The New World, a weekly paper published in Olympia, Washington.

Advertisement for Mark W. Jones, Dealer in Stoves and Tinware, located at 424 Fourth Street, Olympia, Washington.

Advertisement for F.W. Crombie, Druggist, located at 426 Talcott Block, Main Street, Olympia.

Advertisement for M. O'Connor, Stationery, School & Blank Books, Toys, Dolls, etc., located at Grainger Block, Main Street, Olympia, Wash.

Advertisement for Art Studio, located at Fourth Street, adjoining Theater.

Advertisement for W. Chambers & Co., Meat Dealer, located at 419 Third Street, Olympia, Washington.

Advertisement for James Brewer, Dealer in Shelf Heavy Hardware, located at 318 Bettman Block, Fourth Street.

Advertisement for Dressed Beef, Mutton, Veal, Pork, Poultry, etc., located at Telephone No. 10, Office and Salesroom, 312 Chambers Block, Fourth Street.

Advertisement for John Byrne, located at 418 Fourth Street, Telephone 39.

Advertisement for Air Tight Heaters, located at Bedrock Prices. Also have cast-iron Heaters, both new and second-hand, at prices that will surprise you.

Advertisement for E. C. Bickford & Co., All kinds of Household Goods at corresponding prices.

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Advertisement for A. Stevens, Dealer in Groceries, located at 114 Fourth Street. Successor to the Popular Grocery Business established by T. H. Phipps.

Advertisement for Capital Brewing Co., Manufacturers of the 'Olympian Standard' Lager Beer, located at 205 West Fourth Street, Olympia.

Advertisement for Here We Are Again! Wall Paper, Stationery, School & Blank Books, Toys, Dolls, etc.

Advertisement for Pictures Framed, Agent for Butterick Patterns.

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