PASADENA.

Proceedings of the City Council—Local Affairs.

PASADENA, Oct. 9.—The city council met in regular session at 2 o'clock this afternoon, all members present.

The minutes of the last regular meeting were read and approved and all bills filed to date were referred to committee on auditing and finance without reading.

The electric light question came up again and it was the general opinion that some steps ought to be taken at once to investigate the amount of light which is being furnished the city by the Electric Light company.

Mr. McQuilling was instructed to look into the matter and if necessary employ a competent man to test the electric current and report the result.

Upon recommendation of the auditing and finance committee $400 was ordered transferred from the sewer to the general fund.

Bills were reported favorably upon by the same committee to the amount of $881.03, and warrants drawn for the payment of same.

The question of where to lay the branch sewer mains which are to be put down caused considerable discussion from the fact that the specifications on Summit avenue and Chestnut street call for the main to be laid in the center of the street, which places it directly under the street car track.

The same difficulty came up on the proposed Euclid avenue sewer, where there is a car track, and it was decided to let the specifications alone so the railway companies will have to stand the additional expense. The manner of enforcing the power recently vested in the city council by a special election, to compel property owners to keep their places in condition, came up for discussion.

The principal complaint came from neglected vacant lots in various parts of town which are allowed to become overrun with weeds, and it was the opinion of the board that steps be taken to compel the owners, who are for the most part non-residents, to clean up.

Specifications were adopted for the branch sewer on Walnut street, near the public library.

Report of the city engineer establishing the grade of West Union street was received and adopted.

Mr. Taylor, who has the contract for putting in the iron culverts at the Fair Oaks and Raymond avenue crossings, was granted a 15 days extension, owing to a change being made in plans.

A formal notification of the transfer of the street car franchise on West Colorado street from Prof. Lowe to the Colorado street car company, was presented and placed on file.

Adjourned.

DEATH OF W. E. PEAPODY.

The death of Mr. W. E. Peabody, well known in this city, occurred this morning at his home on South Euclid avenue of consumption, from which disease he had been a sufferer for a number of years.

Mr. Peabody was formerly in the undertaking business here with his brother but was obliged to retire on account of his health. The funeral service will be held from the residence tomorrow (Tuesday) afternoon at 1 o'clock. Rev. A. W. Bunker will officiate and the Knights of Pythias will conduct the ceremonies at the cemetery. Deceased had many friends in this vicinity who will learn of his death with much sorrow.

NOTES.

Today's eclipse was scarcely noticed, owing to clouds.

Houses to rent are the hardest things of all to find in Pasadena at present.

The board of directors of the M. E. church held a regular meeting this evening.

Arrangements are being made to give an opening reception in the new G.A.R. hall, on East Colorado street, on Thursday evening next. An invitation is extended to all old soldiers.

A well attended business meeting of the Y. P. S. C. E. was held this evening in the Presbyterian church.

There is considerable quiet betting being done on the coming races at Santa Ana this week. A goodly number will attend the meet from this city.

The concert to be given at the opera house on Thursday evening next by the celebrated pianist, Chevalier De Kontski, promises to prove a rare musical treat, and will doubtless call out a large house.

The board of directors of the Y. M. C. A. hold their annual meeting tomorrow morning at 10:30 in the association rooms.

The first asphaltum ever laid in this city was put down on North Colorado street this afternoon. From now on the work will go with a rush.

A meeting of the ladies' union prayer meeting will be held in the M. E. church tomorrow afternoon at 3 o'clock. An interesting meeting is promised, an address being given by Mrs. Burdick.

Much complaint is made about a crowd of youths who congregate around the corner of Alvarado street and Marengo avenue every Sunday evening, much to the annoyance of the churchgoers. Last evening they became unusually noisy, and it is likely warrants will be sworn out for the arrest of some of them.

Come One, Come All,

And help the crowd to roll the ball, for everybody is going to the grand auction sale of large family lots, under the auspices of Easton, Eldridge & Co., on Saturday, October 21st.

SANTA ANA.

Truant Boys Arrested—The Fair—Supervisor's Meeting.

SANTA ANA, Oct. 9.—The examination of the Shirley and Reed boys, that was to have taken place in Judge Freeman's court today, was postponed until next Monday. A complaint of obtaining money under false pretenses was lodged against the boys, and it is very likely that they will be sent to the Whittier reform school as a punishment for their misdoings.

The darkey who struck Doc Clapp a blow on the jaw that knocked him senseless came into court this morning and plead guilty, and was fined $10.

J. S. Pitman came to Santa Ana this morning and will remain during the fair.

H. K. Cowan, of the angelic city, was in town today looking up business.

William Hamacher, formerly of Santa Ana, but now of Los Angeles, spent Sunday visiting friends in this place.

Geo. Right has returned from a two months' visit to the world's fair.

A. A. Polhemus has taken charge of the business at Tustin's Southern Pacific depot.

Rob't McPherson has returned from a visit east.

Dr. McCoy's house, which is about one mile north of Orange, was damaged by fire last Saturday. It was partly covered by insurance.

Will Hinton of Villa Park has gone to Ottawa, Kansas, where he will pursue his medical studies.

Geo. Phelps has returned from a visit to the northern part of the state. He visited the state fair while away.

Fred Kaemyle, who has been in Milwaukee for several months past, has returned to Santa Ana and brought with him Miss Lizzie, whom he found in charge of the police matron in Los Angeles. She will probably return to Milwaukee with him.

Four cents is being offered for dried prunes at present.

City Attorney Z. B. West is reported as lying very ill at Fairfield, Ills.

The eclipse of the sun interested many of our citizens today who spent considerable time making observations with smoked glasses.

The work of cleaning the river of underbrush has been completed as far as Olive bridge and about all the work that is being done now is plowing up the loose sand along the surveyed course of the river bed.

A spur track has been put in by the railroad people along the river at the bridge west of Orange, in order to run trains loaded with rock for the building of the levees at that place.

The grounds at the race track were crowded with visitors all day today who came to see the northern horses work out.

George W. Moore was in Los Angeles today looking up business.

Spurgeon's hall is a busy place today. Workmen are getting the draping and decorations ready for the opening of the fair. In the center of the hall will be a fountain, which will be kept constantly playing during the exhibition.

A suit has been brought against the defunct Anaheim bank by one of the depositors, a Mr. Salee, to recover $1200.17, which he claims is the amount due him.

Eddie Wright, the boy who was accidently shot, mention of which was made yesterday in the HERALD, is still alive and will probably recover from his hurt.

POMONA.

Mrs. Chant Pleases a Large Audience. Hotel Palomares Fire.

POMONA, Oct. 9.—Every available foot of space in McComas hall, even the lobby or vestibule to its entrance, was called into requisition last night to seat and stand the large audience that assembled there to hear Mrs. Laura Ormiston Chant, who had been announced for 7:30 on the occasion. Those who failed to hear her missed a rare opportunity that now and then crosses one's pathway in life, for no one left her presence last night that did not go out a better man or woman. She depicted in a very persuasive and forcible manner what each one's duty in life is; what true Christ-like charity towards our fellow man is; how flimsy and vain the so-called "caste" of society is, when it comes to the Christian discharge of humane, Christian philanthropy. She is a woman who has evidently come in contact with every grade of humanity from the highest to the very lowest, and has had the true Christ-like spirit to adapt herself for the time being to each, so as to draw them nearer to the great light; she glories in optimism and loathes pessimism; in every one's ability as well as duty to lift, or help lift, some one higher, and in the final, eternal victory of God in a higher life.

During the service a beautiful and touching vocal duet was sung by the Misses Jennie and Madge Means that thrilled every listener.

W. J. Kessler will attend the irrigation congress in Los Angeles tomorrow as a delegate from the Pomona Valley Orange Belt Irrigation district.

Mrs. Louis Valliket, who died yesteday from the effects of a large tumor on the side of the neck, was buried today.

Thomas Davis of this city and Miss Lizzie Rainey of Lordsburg were married yesterday.

A large lot of coal in the cellar of the Hotel Palomares was discovered to be on fire this morning, and had evidently been burning for a day or two. The fire was extinguished by flooding the cellar with water.

Col. F. M. Slaughter was in town today.

Don't forget the reading by George W. Cable at the M. E. church tomorrow evening.

We hear that the first term of the dancing school will open about the 18th at the opera house.

A Million Friends.

A friend in need is a friend indeed, and not less than one million people have found just such a friend in Dr. King's New Discovery for consumption, coughs and colds. If you have never used this great cough medicine one trial will convince you that it has wonderful curative powers in all diseases of throat, chest and lungs. Each bottle is guaranteed to do all that is claimed, or money will be refunded. Trial bottles free at C. F. Heinzeman's drug store, 222 North Main street. Large bottles 50 cents and $1.

COMPTON.

Local News and Personal Notes of Interest.

COMPTON, Oct. 9.—A. P. Nelson returned today from San Fernando with a big herd of fat cattle for his market.

Balintine Ortega and Theodore Tapia were united in marriage yesterday by Judge W. A. Gaines.

The Clearwater Literary society opened its winter session last Saturday night. R. R. Briggs was re-elected president.

The races on Saturday resulted in a walkaway for John Nicderson's pacer. The running races were single dashes, one-half and one-fourth of a mile.

E. I. Diller gave an enjoyable hop last night. A four-in-hand from Los Angeles containing nine couples got there a little late, but seemed to have enough fun during the time they stayed to make up for lost time.

William Bowen returned today from a two-weeks' visit to San Francisco.

Fashionable Flower Baskets.

For decorating dinner tables, flat baskets are used. High flower structures are entirely out of fashion. The baskets are of mixed straw, low and square cornered, fitted of course with a pan inside with a square handle tied with satin ribbon. The flowers are arranged to make a flat bed and are usually of one kind and color, but baskets of roses are of mixed colors. Flower baskets are the rage in Paris for decorating rooms and for gifts among friends. Nothing is prettier than one of these flat baskets filled with a bed of forgetmenots, which have been brought into vogue by their color, and tied with a big bow of green. There are also deep baskets standing some 2 feet or more high, in which are arranged huge bouquets made of long branches of lilacs, roses, violet hued rhododendrons or even a growing plant or azalea. These high baskets are without handles, of flat, plaited rushes stained in green and brown tones and have great satin bows on them. They set on the floor or on a corner pedestal and are charming, with a simplicity that yet saves itself from affectation.—House Furnishing Review.

A Girl With Changeable Eyes.

Said an observant young man yesterday: "Among the many attractive girls of Bowling Green is one who would make a fortune for the proprietor of a dime museum. Her popularity among the young men is by no means dependent upon the peculiarity of her physical makeup, but it certainly adds to her attractiveness. The color of her eyes changes like the chameleon with the hue of objects which surround her. I made this discovery last week while riding with the young lady from Bowling Green to Lebanon. She explained that when she wore a blue dress her eyes became blue, a brown dress turned them into a hazel hue, and when she dons red she might be taken for an Albino. Her eyes often turn green, but not with envy, and it is said that her best fellow sometimes wears a yellow costume, then imagines that she is jealous at his attentions to some one else. Though this is said to be true, it would not do to give names, lest enterprising managers worry her trying to make a contract."—Louisville Courier-Journal.

The Debutante's Rough Road.

There is one cause for dissatisfaction among the unmarried belles of Newport. It is that the married belles are altogether too much in evidence. The position of a debutante is exceedingly trying. It requires a great deal of finesse to successfully evolve from a timid, blushing society bud into the full blown, nodding center piece that is an irresistible attraction. It would seem as though any kindly disposed ones would give them a chance, and remembering their own hard fought trials be only too glad to discreetly leave the field of conquest. On the contrary, the unsophisticated toddlers of society must constantly trim their rush lights, and standing side by side with a married belle flirt (some prefer to put it) they must trust to luck that this gentle light may prove a restful change to the electric light dazzlers of the fixtures of society.—Newport Letter.

Mrs. Bishop and Delsarte Exercise.

Mrs. Coleman E. Bishop of Washington, chief instructor of the Chautauqua summer school of physical culture, is a striking example of what one may achieve by Delsarte exercise. "I was a stoop shouldered, sunken chested, sharp voiced woman until I began training in this way," she says of herself. "I started in with the regulation 10 lessons, but improved so rapidly in health and spirits and became so firmly convinced of the system's value that I resolved to devote my life to the work." Mrs. Bishop is by nature a remarkably charming woman, whatever education may have accomplished for her as well, and is now one of the most successful apostles of the modern creed of health and beauty.

The First French Doctress of Law.

Mlle. Jeanne Chauvin, the first French doctress of law, has held since Jan. 1 last the post of professor of law in the girls' colleges of Paris. By a special order of M. Gerard, vice rector of the Academy of Paris, professors are prohibited from placing in the hands of their girl pupils copies of the code itself, so that the young neophytes whom Mlle. Chauvin initiates into the civil and criminal code have only their teacher's oral lessons to go upon.—Paris Letter.

The Taste Girls Should Have.

A Louisville magistrate has decided that girls have just as good a right to smoke cigarettes on the streets as dudes. But the dear girls should remember that they are supposed to have better taste than dudes—and refrain.—Minneapolis Tribune.

Fast Train to Santa Ana

Leaves Southern Pacific company's Arcade depot at 11:30 a. m. tomorrow for the great race. Returning, leaves Santa Ana after the race is over. Round trip, $1.00.

DANGER IN WRITING.

EXPERTS SAY THAT SLANTING SCRIPT CAUSES DISEASE.

A Movement In Favor of Vertical Script Backed by the Highest Medical Authorities—Results of Extensive Experiments With School Children.

The method of writing taught in modern schools and practiced by 99 people out of every 100 has been declared dangerous and unhealthful by experts. By the time the next generation matures it will probably have been wiped out. The script then will be vertical instead of slanting, and writers will sit square and upright before their work instead of sideways and stooped, as at present.

The idea of this prospective reform originated in Germany and overspreads England while reaching this country. The following resolution was adopted not long ago by the international congress of school hygiene in London by a vote of 220 against 1:

Whereas, The hygienic advantages of vertical writing have been clearly shown and established both by medical investigation and practical experience, and

Whereas, Its introduction obviates those pernicious positions of the body which entail rachitic diseases and myopia,

Resolved, That we recommend the introduction of vertical writing in the schools of the people.

The effect of so serious an action in a country esteeming proper physical conditions as England esteems them is readily to be imagined.

The corresponding movement in the United States is led by Dr. Burnham of Clark university. His investigations have brought the conviction that the ordinary position in writing is among the foremost conditions of school life and methods of training which must be changed in the interest of health. The vertical script, therefore, is strongly recommended. From 80 to 90 per cent of lateral curvature of the spine is found to be caused in school life, the curvature in a large per cent of these cases being toward the right side, as a result of a defective position in writing, and the eyes at the same time are seriously injured by this slanted writing.

The practical advance of the newly approved system in this country is illustrated in the Worcester normal school and the Workingmen's school at Fifty-fourth street in this city, directed by Professor Adler, where the vertical writing is used in the lower grades and now carried on to the fourth and fifth grades.

The observations of foreign physicians showing that the prevalence of myopia and spinal curvature is regularly increased in the advance through the school grades are supplemented in this country by work on novel lines. An energetic course followed by Dr. Shaw of the University of the City of New York has given additional proof that the cause of the difficulty is to be attributed to the desks which are generally in use, and more especially to the bad position in writing, the opinion being held with apparent unanimity by investigators in this country as well as abroad that all but two positions to be taken in the school practice of writing are improper. One judged to be correct is the oblique central position and the other the straight central position, between which in reference to final choice the controversy in Germany is said to be fierce.

The advocates of reform observe that the child writes vertically when he first goes to school, and that the teacher has to work for the slant. The vertical writing and the central position at the desk are alike naturally indicated. At this stage the controversy has led to the conclusion that the height of the desk and that of the seat must be equally adapted to the growth of the pupil. In some of the progressive schools, as Felix Adler's and at South Orange, N. J., adjustable seats are being used.

The point in Dr. Shaw's recent experiments, made with the aid of several assistants on more than 1,300 pupils in the New York and suburban schools, has been to see whether, with the paper directly in front of the pupil and with the eyes closed, there could be any tendency toward vertical writing. The pupils were first requested to take the customary position in writing, and to write in the ordinary manner the sentence, "John is flying his paper kite." This form of exercise was selected on account of the number of long letters which it contains, and as being one also that is easy for the child to remember. After having thus written the sentence, the pupil was directed to take the straight central position, dip his pen in the ink and with his eyes closed to write the same again.

The closing of the eyes was to eliminate from the child's mind the consciousness of the slant. The angle of slant in all the long letters in the test papers was carefully measured, the angle of slant in the usual writing in each case being also found with the same precision. The measurements and the calculations ran up to 3,600 items, and among other issues of the work was the invention by a lady of a machine for making the measurements.—New York Press.

Club Rule In New York.

I was somewhat shocked last week while sitting in the Knickerbocker club, where I was busily engaged in alternately gazing on those tiresome wall paper bouquets and garlands and in keeping up a desultory conversation with the only two men of my acquaintance left in town, to see a man whom we all knew nod to us as he passed the club window, although accompanied by his wife. This is certainly very bad form. A man should show more deference to his wife than to any other woman. Of course he knew better than to bow. One is supposed never to recognize a woman acquaintance from a club window. Otherwise we approved of him.—Vogue.

New Office Requisite.

Visitor—Why do you have that dog sitting on your writing desk?

Clerk—I have mislaid my sponge, so I am getting him to lick my postage stamps for me.—Sobremesa.

Postmaster Foster of Lubec, Me., writes that after the Grip, Hood's Sarsaparilla brought him out of a feeble, nervous condition, in to complete strength and health.

Hood's Pills have won high praise for their prompt and efficient yet easy action.

Weak stomach strengthened by Beecham's Pills.

Duffy's pure Malt at Woollacott's.

THE TYPEWRIT IN BUSINESS.

Modern Methods Differ From the Customs of Merchants of Other Days.

In the good old times of proverbial honesty, which was as much account in the transactions of business as was the necessary cash for capital, the merchant's word was as good as his bond. In this progressive age it is different. A typewritten letter is of no more value in a business transaction than would be the testimony of an idiot in a court of law or the meandering utterances of a trance medium before the faculty of Harvard college. Shielded behind the progressive barrier of civilization, cheek takes the place of capital, and the integrity of old time merchant princes, as Lawrence, Appleton, Sears and other honored names are not essential or apparent in modern business methods.

Transactions of any magnitude, in any line, can be carried on by the aid of a typewriter, as in most cases the operator can furnish brains enough for the principal, with or without capital. If all goes well and the prospects are serene, typewriting counts; if otherwise, this merchant can disclaim the entire transaction and ignore any responsibility for the machine.

The decadence of simple honesty is greatly to be lamented. We have in mind at the moment of writing a case in point of peculiar hardship. An honored gentleman, a helpless cripple, conceived a business plan which promised successful results. The plan was submitted to a firm rated high in the mercantile agencies and a still higher position in public favor. It was eagerly accepted and cordially indorsed at every point, and all assistance promised to make it a permanent success to the mutual advantage of all parties concerned. All correspondence was favorable, and the projector launched his enterprise at a heavy outlay of time and capital, only to be abandoned at this moment by this honorable firm and denounced by them as assuming their sanction and support, which they deny in toto. This support and indorsement being entirely by typewriter, the victim finds himself in greater "distress in mind, body and estate" than before this venture, but without any legal redress.—Melrose (Mass.) Reporter.

A Rare Genius.

I remember once to have seen the role of a hero played with all the spontaneity of real genius by a poor stage supernumerary. It happened during a battle scene in Henry V at a Philadelphia theater. In a lull in the firing the audience discovered that a fly at the top of the stage was ablaze. A stampede was imminent. Half the people in the house were already on their feet. Two men could be seen aloft, making desperate efforts to tear away the burning scene. This added to the consternation. An other instant and a panic would have ensued, in which many lives would have been lost.

Such was the situation when out of the troop of soldiers on the stage stepped a "super," and in a roaring "aside" addressed to the trembling audience he shouted:

"Kape yer sates. Don't yer see de fire is in de play!"

The effect was magical. Few believed the statement, but unconsciously everybody dropped back into his chair and the play went on. A roar of laughter followed, and although it was five minutes before the fire extinguishers completed their work not a trace of fear reappeared among the members of the audience. I never knew that man's name, but I have always thanked God for his presence of mind and his rich Irish brogue.—Julius Chambers.

Wonders of Geometrical Progression.

The story of Sysla and the king is usually told as a good illustration of geometrical progression. Sysla, so the story goes, was the inventor of the game of chess. The king was so delighted with the diversion that he promised to grant any request the inventor might make. Sysla, who must have been a mathematician as well as a mechanical genius, only asked that the generous king would put one grain of wheat on the first square of the board and double the amount upon each successive square up to and including the sixty-fourth. Lucas de Burgo says that there was not enough wheat in the kingdom to pay the crafty inventor, which was 18,446,744,073,709,-557,615 grains! According to a curious medley of figures published in the Louisville Courier-Journal, there are 882,000 grains in a bushel of wheat. How many bushels did the modest inventor ask for? The number of bushels as given in the book "Curiosities of the Game and Play of Chess" fall more than one-third short of the actual number.—St. Louis Republic.

Diet In Diabetes.

The following "rigorous" diet is said to be prescribed by the eminent Dujardin Beaumetz of Paris: Eggs, fish, meats of all kinds, poultry, game, oysters and cheese; all green vegetables are permitted except beets, carrots and beans; fatty foods are recommended, such as sardines in oil, herring, lard, goose grease, ham fat and caviare; all soups are permitted, when made of meats in combination with cabbage, poached eggs, onions, but no bread or toast is to be in the soup. Only dietetic breads are to be used, and saccharine in place of sugar; all starch foods are strictly forbidden, as sweet fruits, pastries and chocolates; patients may drink claret wine diluted with vichy, but no poor wines, liquors or spirits are to be used. Daily exercise morning and evening is to be taken in the open air; fencing and gardening also, and other light exercise.

Easy Enough to Remember.

A gentleman in Gardiner has been troubled to remember his wife's frequent orders to get a yeast cake. He knows sometimes that there is something he ought to get, but cannot think what it is. Now whenever he cannot remember what he is after he always gets a yeast cake, and he says he hits it right the greater part of the time too.—Bangor Commercial.

The Oakdale Canal company, whose dam was washed out last winter, and which has met with many vexatious delays, has decided to put in a temporary bush and stone dam in order to obtain an immediate supply of water for irrigation. Where a ready point of diversion can be found this has been found the cheapest plan, though the dam has to be renewed each year.

THE ART OF BREATHING.

Properly Exercised It Will Prevent or Retard Pulmonary Affections.

Dr. Mays will be surprised at the inference which some paragrapher has drawn from his paper in the August Century on "Breathing Movements as a Cure," which inference is to the effect that the wearing of corsets prevents consumption in women and is therefore a strong point on the side of those who wish to and do wear these articles of clothing.

Although this conclusion is possible perhaps from the premises presented, it is a hasty and surface one, admitting wide qualification, and, moreover, it introduces an issue upon which the paper does not bear in any degree. In his researches for data upon his subject Dr. Mays secured tracings of the breathing movements of several classes of women, full blooded Indians, partially and semi-civilized and civilized, getting results proportionally different.

He found that the civilized woman, accustomed for generations to restricting clothing, uses the upper part of her breathing apparatus more thoroughly than her savage or semisavage sister or than do men.

And as we are all supplied with more lung surface than we habitually need, it chances that the portions left unemployed by Indian females and men, but perforce brought into service by the corset wearing woman, is the upper part or apex of the lungs.

And this, it seems, is the most common seat and genesis of pulmonary troubles.

Now, as the most reliable statistics show that women enjoy a greater immunity from consumption than men, a connection between the two facts is suggested. It is not established or even positively assumed.

But it is just here that some careless reader and hasty writer has seized upon and made his "point"—viz, that corsets prevent consumption.

The faulty nature of such an argument in favor of lacing is quickly apparent to any one who will finish the paper. All the serious vices of the habit remain unmoved by it, and its accidental virtue, as Dr. Mays points out, though not in this conection, is readily gained in a much better way.

The fact which the paper does bring out is the value of right breathing as a means to avoid and retard pulmonary affections. The author suggests some simple exercises that any mother will do well to have carried out in her family of children. The best of these is to swing the arms backward on a level with the shoulders as far as possible during each inspiration, bringing them together in front on the same level during each expiration, or to bring the hands slowly to the highest point above the head during inspiration, letting them fall gradually to the side as the breath exhales. The caution is added that a deep breath must be taken and slowly expelled to make these operative.

"Another very serviceable chest exercise," says the paper, "is to take a deep inspiration, and during expiration count or sing as long as possible. A male with a good chest capacity can count up to 60 or 80, while in a female even with good lungs this power is somewhat reduced. Practice of this sort will slowly develop the lungs, and the increased ability to count longer is a measure of the improvement going on within the chest. Or, again, the taking of six or eight full and deep breaths in succession every hour during the day, either while sitting at work or while walking out in the open air, will have a very beneficial effect."—New York Times.

A Powerful Flesh Maker.

A process that kills the taste of cod-liver oil has done good service—but the process that both kills the taste and effects partial digestion has done much more.

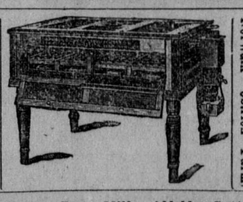
Scott's Emulsion

stands alone in the field of fat-foods. It is easy of assimilation because partly digested before taken.

Scott's Emulsion checks Consumption and all other wasting diseases.

Prepared by Scott & Bowne, Chemists, New York. Sold by druggists everywhere.

POULTRY SUPPLIES.



PIKO'P'R Norwalk Ostrich Farm.

Incubators, Bone Mills, Alfalfa Cutters. Everything for poultry keepers. EDWIN CAWSTON, 121 S. Broadway. 9-16m

ANOTHER INSTANCE.

Catarrh of the Head, Throat and Stomach

Yield to the New Method of Treatment.

The marked efficiency of the new method of treatment in general catarrhal derangement and poisoning of the entire system is aptly illustrated in the case of Miss B. Gonden, of 831 South Los Angeles Street, who says:

MISS B. GONDEN.

"For about eight years I had been troubled with chronic catarrh, but the past two years it became so much worse that life was almost a burden to me.

"I most always got up in the morning with a dull headache, mostly above the eyes. My hearing was impaired; sometimes roaring in ears, nostrils were stopped up, mucous dropped into my throat, and a watery discharge from nose, which was very annoying. The past year I had a very annoying cough, some pains through the chest and distress in stomach. Also suffered with loss of sleep at night, and a tired feeling during the day.

"Being advised by friends, I decided to try Dr. De Monco and associated. Now I have nothing to complain of; really, I feel like myself again. Have no headaches, sleep splendidly, and no more trouble with my stomach. What more can I say—except to recommend all sufferers to Dr. De Monco and associates."

MAIL.

Patients unable to visit the office can be successfully treated by mail.

Question blanks sent free on application.

Only $5 a month for Catarrh and kindred diseases. Medicines free.

The De Monco Medical Institute,

Located Permanently in the Newell and Rader Building, Rooms 2, 4, 6, 8 and 10,

121½ SOUTH BROADWAY, LOS ANGELES.

A. DE MONCO, M. D.,
J. S. HAYES, M. D.,
Consulting Physicians.

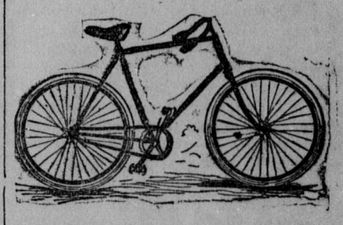
SPECIALTIES: Catarrh and all diseases of the Nose, Throat and Lungs, Nervous Diseases, Skin Diseases, Chronic and Special Diseases of both sexes.

OFFICE HOURS: 9 to 11 a. m., 2 to 5 p. m., 7 to 8 p. m.

MORE

Rambler Records!

At Los Angeles Sept. 30th, Oct. 2d and 3d.



Carson Shoemaker, on a RAMBLER, broke the Coast record and won the great Southern California 25-mile Team Race for $250 Challenge Cup. Time was 1 hour, 12 minutes and 44½ seconds.

Five of the six men comprising the great Riverside Team RODE RAMBLERS.

In this 25-mile race RAMBLERS finished first, third, fourth and fifth.

J. W. Cowan, on a RAMBLER, won the "Half-mile Division Championship" — 13 starters.

Casey Castleman won the "One-mile Division Championship."

C. G. Spier won 2-mile Handicap; C. A. Cowan second; Phil Kitchen third.

ALL ON RAMBLERS!

At Sacramento, Monday, Oct. 2d, Wilber Edwards, on a RAMBLER, won the 1-mile Handicap from Scratch in 2 minutes and 15 seconds, the FASTEST MILE ever made in the west.

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