

Ways of Women

Fireless Cooking.

In fireless cooking there are certain things to be remembered by the inexperienced cook. One is that if a dish is left indefinitely in the cooker it will sour. Soups, stews, vegetables and such things must be removed after twenty-four hours and less in hot weather. Another thing is that some foods require a longer time on the fire before being put in the cooker than others do. According to Harper's Bazaar, cereals may take only ten minutes, and tough meat half an hour; it is best to find out something about the length of time the different things require before beginning to use the cooker.

Generally speaking, all indigestible things take longer than the rest; oatmeal, beef stew, corned beef and beans need more time than steamed puddings, rice and chicken. A third thing to remember is this: Everything that takes a very long time to cook is improved and the process hastened if, when the time is half up and the food cooled, the pail is removed and reheated without opening it, and put back again.

In all cooking also you must be careful not to uncover the pail with the food in it before putting it in the box. It must be kept tightly covered from the time it is put on the fire or the steam will escape and the meat or soup cool so that it cannot cook. Put everything in as quickly as possible, and cover at once.

Health and Beauty Hints.

Clam broth is good for a weak stomach.

Cranberry poultice is recommended for erysipelas.

Daily exercise with light dumb bells eventually cures round shoulders.

Try taking cod liver oil in tomato catsup if you want to make it palatable.

Mustard plasters made with the white of an egg do not blister the skin.

To cure a sting of bee or wasp, mix common earth with water and apply at once.

When a cut will not heal, saturate a piece of absorbent cotton with coal oil and bind on.

Nothing takes the oil from the skin more quickly than a soap that does not agree with it.

If you wish to scent the false pompadour, lay it on the rose jar or on top of it and cover for several hours.

A sure relief from thirst when water is not to be obtained is derived from holding a dry pebble or a button in the mouth.

Buttermilk is excellent for the complexion and may be used daily, washing with it, letting it dry on, and then rinsing in warm but not hot water.

Boy's Suit.



The boy's suit made after this model is certain to win his own approval. It is masculine in effect, it allows him to run and to race to his heart's content and is quite easy to put on and to take off. At the same time that it possesses all these advantages, it is becoming and attractive to the looker on, and it can be made from a great many different materials.

For the Business Girl.

A clean blotter on the desk.
A fresh ribbon on the machine.
Well kept finger nails.
A note book to jot down important memoranda.

Silence when you feel like tattling.
Loyalty to your firm.
A cheery "Good morning."
A little consideration for the feelings of others.

Convalescence.

It is a common error to suppose that health and strength depend on taking plenty of strong meat and drink, living in warm rooms, clothing snugly and avoiding cold air, and especially cold winds, says Good Health. The sooner the invalid gets his mind free from this and makes a start to-

NEW FALL HATS.



VELVET AND LACE, VELVET AND STRAW AND VELVET ALONE.

ward hardening his body and accustoming himself to exercise the muscles in a healthful fashion, the better will the possibilities be for his recovery. The conditions which make for health and happiness are: A moderate diet of plain, wholesome food, a life of regularity, and above all, healthful exercise in the open air. A patient may be very weak and even confined to bed, but so long as there is no fever or existing inflammatory conditions that might be aggravated by activity, nothing need hinder him from making a start in physical culture.

Freting Injures the Stomach.

"Do you know that your stomach slumps—actually slumps from two to four inches in your body if you make a practice of worrying and fretting?" said a woman lecturer. "First your mouth droops till you can't lift the corners of it. Your chin gets big—oh, you're anything but an impressive picture then! But worse comes. Your stomach slumps and coils up on itself, and your diaphragm sort of falls on your stomach and your stomach gets irritated and creates poisonous gases. Then your heart feels as if it were giving out, and you say: 'Oh, I don't know what's the matter; I can't climb these stairs—I must have heart disease.' Heart! Legs are to climb stairs with, and poor misguided women think they've got to pull themselves up with their hearts."

"Stop playing dirges inside your selves. Tuck your abdomens back into the right places; don't worry and you'll be all right."

Say Something Good.

Pick out the folks you like the least, and watch them for a while; they never waste a smile. They criticize their fellowmen at every chance they get; they never found a human just to suit their fancy yet. From them I guess you'd learn some things, if they were pointed out—Some things that every one of us should know a lot about. When someone "knocks" a brother, say something good about him, if you have to make it up.—H. Fontaine Little.

To Make Curtains Hang Straight.

Curtains, especially those reaching the sill only, are often difficult to make fall into graceful folds. There is often too much fullness in one place and too little in another, despite the many efforts to improve their condition. This can be remedied by laying the curtain, when ready to be hung, along the ironing board evenly. It should then be doubled and very lightly pressed with a cool iron. Fold again and press and continue folding until it measures only about four inches. Place on the rod, and the curtain will hang gracefully. The iron should not be so hot as to form deep creases.

Promatine Poisoning.

The first thing to do is to cause vomiting by drinking freely of warm water and putting the finger in the throat or some emetic. Then take a full injection of some warm water into the bowels and drink freely of olive oil. If there is pain in the abdomen or bowels, apply hot cloths, frequently changed.

She Was the Party.

A matron of the most determined character was encountered by a young woman reporter on a country paper,

who was sent out to interview leading citizens as to their politics. "May I see Mr. —?" she asked of a stern-looking woman who opened the door at one house. "No, you can't," answered the matron, decisively. "But I want to know what party he belongs to," pleaded the girl. The woman drew up her tall figure. "Well, take a good look at me," she said. "I'm the party he belongs to."—Universalist Leader.



The Brooklyn Suffrage Association recently celebrated its fortieth anniversary.

Italy gives dowries to poor girls. In Sicily alone there are 634 societies for this purpose, with an endowment of \$3,100,000.

If Japanese parents do not find matrimonial companions for their sons and daughters, both parents and children are looked upon as disgraced.

The Rev. Dr. Anna Shaw declares that this year's congress of International Women's Suffrage Alliance has accomplished more than The Hague conference.

Mrs. Helen Woods Miller left \$20,000 to Brown University to be used in its department of comparative anatomy. The rest of her estate is to go to the Woman's College, Baltimore.

Mary Chilton was not the first person to land from the Mayflower at Plymouth, according to investigations by Samuel Arthur Dent, which have been recorded in the proceedings of the Bostonian Society.

Mrs. Susan Frances Hemenway, who was one of the chief heirs of Mr. Rose, who founded the Rose Polytechnic at Terre Haute, in her turn left about \$500,000 to the institution and an entire block in the heart of the city for the use of the school.

Packing Hats.

In packing your hat for the summer vacation see that the crown is well stuffed, so it will not become crushed. It is not necessary to use tissue paper for this. Stockings, handkerchiefs and other soft articles of clothing will answer the purpose quite as well. If the hat boasts of ribbon loops see that these, too, are kept in shape with crushed tissue paper. Pin the hat carefully into the trunk, so it will not slip around in transit.

Sorry He Spoke.

Old Lady (to druggist)—I want a box of canine pills.
Druggist—What's the matter with the dog?
Old Lady (indignantly)—I want you to know, sir, that my husband is a gentleman. The druggist put up some canine pills in profound silence.—Young Pilgrim.

He Passed.

Judge—You are a freeholder?
Talesman—Yes, sir, I am.
"Married or single?"
"Married three years last June."
"Have you formed or expressed any opinion?"
"Not for three years, your honor."—Success.



When Haying is Done.

There's a smile of relief and a spirit of fun Comes over the farmer when haying is done; With his haylofts all swelling with sweet-scented hay His smile is as cheery as sunshine in May. The summer's half over, and out in the field He sees the approach of a bountiful yield; As tall as his hat is the golden-topped corn, Which waves its long arms in the breeze of the morn, As fair and as fragrant as gardens of old Are his fields with their stubble as yellow as gold.

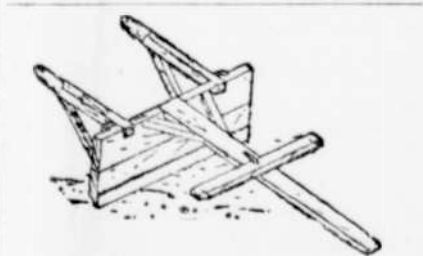
With his barn full of hay and his bedding stacked high, A smile on his face and a gleam in his eyes, The cattle provided with winter rations, While apples and pumpkins are ripening fast, There's a smile of relief and a spirit of fun Comes over the farmer when haying is done; The turnips are growing, the melons are prime, The harvest approaching, his bounteous time, Ah! Lucky the farmer who wanders afield And sees the approach of a beautiful yield! —Boston Herald.

Cultivation of Corn.

At the several experiment stations corn has received more than its share of attention, and many experiments have been made in order to learn how to derive the largest yields and to grow the crop most economically. Opinions differ, however, as to climate, variety and soil are factors governing every crop. The Indiana station found that the best results were obtained by planting seed in May. It has been shown that the greatest average yield of both ears and stocks have been obtained when the stalks stood about twelve or fourteen inches apart in the rows. Thicker planting, however, reduces the size of the ears, and the percentage of grain, but thick planting has, in dry seasons, produced the heaviest yield of stalks and the highest yield of ears. So far as depth of cultivation is concerned, the yields, when corn was cultivated one, two and three inches, have been equal. In continuous corn culture heavy applications of fresh horse manure have not been profitable, but the effect of a very heavy application of manure has been noticed for many years. There does not seem to be much difference in yields due to any particular implement used, while hill and drill plantings of corn have produced the same average yields. The "checking" of corn is still the most popular and profitable mode of growing the corn at the least cost of labor. The results at one station may not correspond with those obtained elsewhere, but where the work has extended over a number of years the results should be accepted as important, if not conclusive.

A Yard Scraper.

Besides its use in the barnyard, this is handy for covering potatoes, leveling rough ground, filling ditches, etc. It should be made of 2-inch lumber, and hard wood if possible; the scraper should be 6 to 8 feet long, and 2 feet high; its life will be prolonged if



HANDY BARNYARD SCRAPER.

shod with a piece of iron or steel, as shown; moreover, it will do good work without the iron. The scraper must be at least 4 feet from scraper, to allow for load, and to keep same from under the horses feet. A very large barnyard may be cleaned in a short time, and several loads of manure saved. Simply drive the load where wanted, lift scraper up by the handles, leaving load, and repeat the operation.

Scours in Calves.

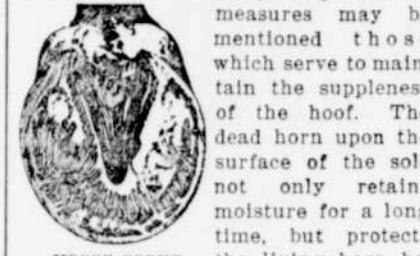
A stockman claims that when calves 3 or 4 years old become sick and die with scours it is due to indigestion, apparently, and yields to treatment with pepsin if taken in time. A teaspoonful twice a day given in a little warm milk after feeding will cure it, and if given when the calf is born, and continued for a few days, will prevent it. The pepsin is the common kind sold in drug stores, and can be purchased by the pound.

Lack of Water Lessens Milk Flow.

Don't let the cows shift for themselves in the matter of water. They must have all they want of such a temperature as will induce them to drink enough to supply their needs. Many a cow "falls down" in her milk production because she is starving for water, the water being either difficult of access or too cold to be palatable.

Treating Horse Corns.

Dr. A. A. Holcombe, inspector of the United States bureau of animal husbandry, says of treating horse corns: "As in all other troubles, the cause must be discovered if possible and removed. In a great majority of cases the shoeing will be at fault. For a sound foot, perfectly formed, a flat shoe with heels less thick than the toe and which rests evenly on the wall proper is the best. In flat feet it is often necessary to concave the feet so that the sole may not be pressed upon. If the heels are very low the heels of the shoe may be made much thicker. If the foot is very broad and the wall light toward the heels a far shoe, resting upon the walls, may aid to prevent excessive tension upon the soft tissues when the foot receives the weight of the body. A piece of leather placed between the foot and shoe serves largely to destroy concussion, and its use is absolutely necessary on some animals to enable them to work. Among the preventive measures may be mentioned those which serve to maintain the suppleness of the hoof. The dead horn upon the surface of the sole not only retains moisture for a long time, but protects the living horn beneath from the effects of evaporation. For this reason the sole should be pared as little as possible.



HORSE CORNS.

Milk Contamination.

There are a hundred and one places where milk can be contaminated from the time it is drawn from the udder till it reaches the table in the form of sweet milk, cream or butter. First, a great deal of bacteria, impurities and disease germs get into the milk at the barn or lot in which the cows are kept. Second, a great many more of these owe their existence in milk to the attendant and the place in which the milk is kept. The moment the cow shows signs of being ill, or when even a slight eruption is noticeable, a person may contract disease by partaking of her milk. Impure water is another way in which milk is contaminated. If the cow is compelled to drink out of a mud hole, filled with disease germs, she cannot help but drink a large number of those germs into her system, some of them being sure to reach her milk. Milking the cow into an open pail when the barn is filled with dust, and from which there hangs an untold number of dirty cobwebs, or milking her in an offensively smelling lot, where the filth is ankle deep, or milking a cow whose udder, flanks and legs are covered with dirt and filth—in such cases it is impossible to avoid contamination of the milk. It is believed that more disease germs are given the human family through milk than are given in any other agency; and we also believe that less attention is paid to the care of milk than to any other food consumed upon the table.

Cooling Cream.

Different conditions on the farm will govern arrangements for the cooling of cream. Where windmills are used, many farms cheaply constructed milk-houses in which can be placed a tank or half barrel, through which all water is led from the windmill to the stock-watering tanks. With the cream cooled and held in these tanks the arrangement is everything required.

Where windmills and milkhouses are not used, a half barrel can be set near the pump and a cheap shade constructed. The water can be pumped by hand with small expenditure of time and labor. The cooling of the cream will heat the water. Run out the warm water and pump a fresh supply in which the cream can set over night or through the day before being added to the supply can. When another lot of warm cream is to be cooled, the operation can be repeated. A large box can be set over the barrel to protect the cream from the sun. The farmer's ingenuity may suggest some other protection equally as good.

There are a dozen or more arrangements which can be devised on every farm for the proper care of cream. These remarks suggest only the principle of keeping the cream in good condition.

Pasturing Sheep.

Some writers claim that sheep ought not to be pastured on land more than one year before it is plowed and reseeded, owing to parasites, but it has been shown that sheep have been kept free from parasites by the use of tar, turpentine and salt. Bore 2-inch holes in a pine log, fill with salt and smear tar around the top and sheep will tar their noses while eating salt. Sheep soon learn to eat tar. One sheep raiser keeps it mixed with turpentine and salt, where it is accessible at all times. About one-half pint of turpentine to one peck of salt is the proper proportion.

Electric Agriculture.

William Low of Scotland will experiment on a large scale with the application of electricity to agriculture. About twenty-three acres, divided in a number of fields, will be utilized for this purpose, each field including a non-electrified or controlled plot for the purpose of comparison. A network of wires will be run over the fields at a height of about 16 feet from the ground. The poles will be put 200 feet apart one way and 300 feet another way. By means of transformers the voltage for the network will be raised to 100,000.

THE WEEKLY HISTORIAN



1682—The Duke of York deeded his right to the Delaware Province to William Penn.

1775—Nathaniel Greene was appointed major general by Gen. Washington.

1776—Fight in the Hudson River between American fire-ships and British men-of-war.

1805—By a treaty with the Indians, their title to almost the whole of the present State of Indiana was extinguished.

1810—Marshall Bernadotte of France chosen Prince Royal of Sweden.

1813—Fort Mimms, in Alabama, captured by the Indians.

1814—City of Washington burned by the British.

1818—Illinois adopted a State constitution.

1824—Reception in honor of the Marquis Lafayette given in Boston.

1837—Cholera raged in Rome.

1846—Taking of Santa Fe and annexation of New Mexico to the United States.

1847—Republic of Liberia inaugurated. United States troops defeated the Mexicans in battle of Cherubusco.

1851—Great riot in New Orleans, growing out of the Cuban expedition.

1854—City of Milwaukee almost destroyed by fire.

1856—Wilson Shannon removed from the governorship of Kansas.

1860—Prince of Wales opened the Victoria railway bridge at Montreal. A Democratic convention assembled in Charleston, S. C., to secure the election of Stephen A. Douglas as President of the United States.

1862—Buffalo and Niagara railroad opened. Union naval expedition proceeded up the Yazoo River, in Mississippi.

1862—Gen. Rosecrans arrived in front of Chattanooga. Lawrence, Kansas, burned and sacked by Quantrill's band.

1864—Free mail delivery commenced in Chicago.

1866—The New York papers for the first time were able to print cable news from Europe of the previous day.

1870—Irish National Congress met in Cincinnati.

1872—Arapahoe Indians massacred the guard of a government mule train, and robbed and burned the wagons at Dry Creek, Colo.

1872—First kindergarten school in America established in St. Louis.

1883—Completion of the Northern Pacific Railroad to the Pacific coast.

1884—Fochow, China, bombarded by the French.

1886—Eight of the Haymarket Anarchists sentenced to death in Chicago. President Cleveland opened the Minneapolis Industrial Exposition by telegraph.

1890—The remains of John Ericsson removed from New York to Sweden with great honors.

1894—Thirty-seven miners killed by explosion at Franklin, Oregon.

1897—President Borda of Uruguay assassinated.

1908—John W. Kern formally notified of his nomination for Vice President on the Democratic ticket. The British steamer Dunearn foundered off the Japanese coast with a loss of fifty-two lives. The Prussian government granted to women the privilege of higher education.

AS TO FOREST FIRES.

Most of Them Might Be Prevented Were Proper Measures Taken.

According to a bulletin issued by the Massachusetts forester's office, the State might easily be devastated of its forest by fires in 62 years if preventive steps and replanting were not undertaken. The report says: "Railroads are the largest producers of forest fires, with nearly 40 per cent of the total. Next comes the unknown, with 25 per cent. Then there is 3 per cent caused by smokers and 7 per cent from burning brush. If some of the unknown fires could be traced out, probably smokers would figure more heavily in the total.

"Incendiary fires and boys setting fires maliciously, which we imagine is much the same thing, together make 11 per cent. It ought to be noted that of all the 1,229 fires, five—only five—were set by lightning—were the only ones which were absolutely not preventable. The rest in large part could have been prevented if the people would go to the same lengths that they do in cities."

Elliot Defends Book Shelf.

Former President Elliot of Harvard has replied again to the numerous criticisms of his five-foot book shelf because it omitted the Bible and Shakespeare. He now says that he left out the Bible because many things in it are antiquated happenings of a bygone day, and that it is a question whether either the Bible or Shakespeare should take the place of many other good books. He denies that he has consented to the extension of his shelf to six feet.

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