

# For Women and the Home

The foundation of happy homes is laid in the kitchen.

Our life abroad is but a reflex of what it is at home. We make ourselves in a great measure at home. This is especially true of women. The woman who is rude, coarse and vulgar at home cannot be expected to be refined in the world. She cannot shake them off. They are woven into the web of her life.

A life spent in brushing clothes and washing crockery, and sweeping floors—a life which the proud of the earth would have treated as the dust under their feet; a life spent at the clerk's desk; a life spent in the narrow shop; a life spent in the laborer's hut, may yet be a life so ennobled by God's loving mercy that for the sake of it a king might gladly yield his crown.

It is said that the two best things the Creator allowed to escape from heaven and beautiful earth were women and flowers.

You will find, as you look back upon your life, that there are moments when you have done things in a spirit of love. As memory scans the past, above and beyond all transitory pleasures of life, there leaps forward those supreme hours when you have been enabled to do unnoticed kindnesses to those around you—things too trifling to speak of, but which you feel have entered into your eternal life.

## A MOTHER'S FAREWELL

Editor Times: These lines were written by a mother in the east who had just bid farewell to her boy and he was on his way to Coos Bay. You might find room for them in your paper.

A SUBSCRIBER.

Today our boy has left our home, leaving mother, sister and grandma alone; He has faithful been, he has earned a rest; Of all the boys, he is one of the best. He will take a trip to the western shore, And if he likes it, will be here no more; But he says: "Cheer up, shed not a tear, For I shall send for you before the close of the year."

But I miss him in morning and miss him at night, And when supper is ready I'll not eat a bite, For I'll be waiting and watching the car, And never once think he is away off so far.

I would like to go with him, but that cannot be; I'll patiently wait till again I shall see, For if he concludes in that fair land to stay, We will make preparations to go to Coos Bay.

So I try not to think he has gone for all time, And I suppose he will laugh at me making this rhyme; But my thoughts are traveling much faster than he, And my prayers will go with him until he reaches the sea.

## PUPILS TO BE NAMED AS HEALTH OFFICERS

SALEM, Or., July 27.—All school districts in the state will in the near future be provided with health officers, for an arrangement has been made between the state board of health and State Superintendent of Public Instruction Churchill, whereby a commission is to be issued by the board to a pupil in each district. Dr. Calvin S. White, secretary for the board, presented the plan to State Superintendent Churchill, who was favorably impressed with it, and agreed to co-operate. The board, in addition to furnishing the pupil with a commission, will provide him with a badge and a manual of instructions. The duties of the pupil will be to make reports with relation to sanitary and health conditions in the school he is attending, to the teacher. The teacher will submit a report to the County School Superintendent, who will in turn report to the State Superintendent.

## COURT IS ESTABLISHED TO PREVENT DIVORCES

CHICAGO, July 27.—For the first time in history, a court created solely to fight the divorce evil opened its doors here with Judge Torrison in charge. It is known as the Chicago divorce-prevention bureau of the municipal court.

Discussing the proposed activities of the new bureau, Judge Torrison said:

"In many cases a frank discussion will make great woes seem temporary vexations. My assistants and I will welcome all who feel that they are at the parting of the ways. I have seen many cases where friendly counsel and a sober view of the future might have brought about a new understanding."

## HOTEL DOTSON

C. A. Hanson, Proprietor  
Now open under new management.  
A home place with home cooking served in family style. Board and room, \$6.50 per week. 315 South Second st., Phone 157-J.

## THE PICNIC OUTFIT.

### Get the Proper Basket and Utensils and You'll Take Outings Oftener

Now that the picnic days have arrived, are you prepared for them—have you the proper basket and utensils to make the picnic lunch a success? Of course, everybody who is fond of taking his lunch to the woods and shore would like to have one of the expensive and complete picnic hampers or, as the shops call them, the "motor lunch outfits." However, these outfits are rather costly and cannot always be purchased by the woman of moderate means, says an exchange.

But why not make your own lunch or picnic hamper? It will cost very little and when complete will be quite as handy as the very expensive outfit. Go into the store and hunt around until you find a lightweight, strongly woven basket, or, if you prefer, a straw suitcase. Take it home and on the lid nail straps of strong linen or other material to hold the small silver, corkscrew, can opener, etc. A look at some of the expensive hampers will give you ideas.

Now seek the store again and lay in a supply of the various paper dishes offered. Plates come at five and six cents a dozen in several different sizes. Paper cups are ten cents a dozen. Paper table cloths cost ten cents, paper napkins sell from ten cents a hundred to ten cents a dozen, according to their decorations. Small paper sauce plates and vegetable dishes cost five to ten cents a dozen. Spoons, knives, and forks may be had for one cent.

Oiled paper for wrapping sandwiches is five and ten cents a roll. All of these articles will take little space in your hamper and will weigh next to nothing. Twenty-five cents more will buy an alcohol lamp, and if you decide on more expense, buy a vacuum bottle or two, one for the hot coffee and one for the cold lemonade.

If you do not care for paper cups you can purchase half a dozen of the small aluminum cups, which are as light as the paper, although more expensive. Aluminum plates and dishes may also be had, and instead of a paper outfit you can furnish your home-made hamper with an aluminum set. The seconds in this are not very costly, and while they will not stand the wear and tear of everyday use in the kitchen, are quite good enough for the picnic outfit.

If you cannot afford a vacuum bottle, you can arrange a substitute by putting your lemonade or other beverage in a bottle and corking it very securely. Wrap the bottle in a thick woolen cloth and tie it firmly. Then insert this bundle in a paper bag large enough to contain a couple of inches of padding with straw or excelsior on the principle of the fireless cookery. This arrangement will keep the contents of the bottle hot or cold, as the occasion may be, for many hours.

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130 North Broadway  
Phone 394-J

## TAKE SALTS TO FLUSH KIDNEYS

### Eat Less Meat If You Feel Back-ache or Bladder Troubles You—Salts is Fine For Kidneys.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back, or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste, get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive, harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases. For Sale by Brown Drug Co.

## FIRST BEAUTY AIDS FOR SUMMER BURNS

Tested Recipes for Simple Remedies for the Complexion Which Has Been Roughened by Exposure to Sun and Wind.

THE "bite" of a stiff wind, with driving rain well "salted," does not suit all faces—or rather, skins. Nor does sea water, nor the seaside sun.

Peeled noses, roughened skin, blotches, freckles, faces a vivid red—instead of the attractive brown—these are some of the penalties that tender skins have to pay in that fortnight by the sea.

The sudden transition from, perhaps, an office to the salt sea and sun, will play havoc with your complexion unless precautions are taken. Some hints and simple tested recipes by which, if you follow them, you may bid defiance to sun, wind and water, may be welcome.

Sea water acts as an astringent tonic to the skin. It tightens it up. But it should not be allowed to dry on the face. Let it dry and remain in the pores and the result is blotches, or even a form of eczema.

Keep your face wet while bathing; sluice it continually, and afterward wash it well with fresh water. That may be a bother but why not take a sponge and a bottle of fresh water with you? Only those who have tried this know how delightful the face feels afterward.

If the sun reddens your face, as distinct from brownning, you must let your skin acclimatize itself for a couple of days. Use a parasol, or a wide brimmed hat, and don't let the sun strike directly on your face.

On the third day dab your face with a handkerchief dipped in cream. A spoonful skimmed off the milk will do. Don't dry it; dab it on and leave it. At night rub on a little cold cream—not glycerine or vaseline. An excellent way to apply the cream is to put some inside a banana skin, and rub it on in that way.

A girl with a splendid complexion cuts an apple in half every night and gently massages her face with that. Her complexion may be a natural gift, but the apple treatment probably has something to do with it.

A smarting skin after bathing, with or without roughness and blotching, is most uncomfortable. Get a little pure olive oil and work it into your skin with the finger tips, and then into the sea with you! No more smarting.

A peeled nose is not attractive! Follow the same method as indicated above for reddening, with this additional: Get a little mutton fat, rub it well in, wipe gently off, and then dust over with but a suspicion of starch powder. This need be done only for a day or so.

A good blow on a steamer certainly does one good, but not a few get a chafed skin, especially on the cheek bones and upper parts of the chin.

If you are a sufferer, take with you in a pill box, a little pad of wadding which has been dipped in almond oil. Touch those parts of your face which "catch" the wind with the pad, and the wind will not hurt them any more.

## POSTERS ARE ILLEGAL.

Threats of Prosecution for Anti-Prohibition Bills.

The following will be of interest here, as many of the posters referred to are posted in the local saloons:

Further violations of the corrupt practices act, regulating campaign literature, will bring prosecution by District Attorney Evans, following the receipt of an opinion from Attorney-General Crawford that the provisions of the measure apply to publications in regard to issues as well as to those affecting candidates only.

Following the posting of numbers of anti-prohibition posters, which were unsigned, in the saloons of this city, Evans warned the Hop-growers' Association that the publications were illegal and that he would prosecute any violators of the act. Believing that the signature requirement did not apply to discussion of an issue, the anti-prohibitionists persisted in their course. Acting upon advice received this morning, the District Attorney's office will prosecute the Saloon League unless the practice is discontinued.

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Another reason for carrying a bank account is that it will help you to save money—the temptation to spend or fritter it away will not be so great when you are not carrying a pocket full of loose change.

In paying your accounts by check, you have a double receipt and are conducting your affairs in a businesslike manner. Don't wait until you have \$100 to open an account—do it with \$1 or \$5 and do it today.

Drop in and let us explain it to you if you are not familiar with banking.

## First National Bank of Coos Bay

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