

FOR AND ABOUT WOMEN

Concerning Wrinkles.

The best preventive of wrinkles, according to a physician who has made the matter a study, is a happy disposition which meets life and its trials with a serene countenance. It is worth while, it may be interpolated, if one has not the disposition, to cultivate its counterfeit possumment in the "expression of smiling beauty," which, a celebrated French beauty declared, takes away half a woman's years, whatever they may be. Wrinkles are merely expression habits crystallized by practice.

Fall in the way of raising the eyebrows constantly or puckering the forehead between the eyes in troubled perplexity, and soon the lines of latitude and longitude thus produced remain. "Crow's feet" are really pleasant lines caused by smiling and laughing, which is why they usually impart a kindly touch to the countenance.

The lines about the mouth come quickly, for no feature of the face is so mobile and expressive of every passive motion. It is wise, therefore, to go back of the effect to the cause and stifle anger, bitterness and other unlovely feelings, which will speedily write their indelible message. All lines come quickest in a flabby, relaxed skin.

For this a daily douche of water in which a little alcohol or cologne has been put is useful. Bathing the face first in very hot water, then instantly

small of the back is supported, for if it is properly braced, then the abdomen cannot be pushed forward so that the weight which should be taken by the spine is forced on the hips.

An exercise for reducing flesh on the hips is extremely simple. It consists of standing with the weight well thrown forward, but still erect, while holding the right arm high above the head and the left one down at the side.



High shoes of black calf with a waved top and fifteen buttons and lined throughout with heavy satin are new.

A novel trimming seen on a velvet gown of a queer bluish green shade was of silk tassels, shading from blue to mauve.

Big picture hats in white satin are faced with black velvet and trimmed with two, three, four or five long ostrich plumes.

Long insertions of lace extending from the bust line to the bottom of the gown, narrowing slightly at the waist and spreading several inches at the bot-

gold net is embroidered often with colored flowers.

An idea often repeated is that of making not merely a deep hem but at least a third or even a half of the skirt in satin and the line of union with the chiffon or net upper skirt is hidden under a bold, irregular design of hand embroidery.

A black dress will be pretty if black squares are embroidered on the white silk net guimpe and sleeves. Select a fine meshed net on which to work the designs. Any of the darned net patterns will be beautiful, if black silk is used to outline the designs.

For the Complexion.

Water cross contains much iron, and this is real blood medicine. People who desire good complexions should eat it abundantly, because it is a destroyer of pimples and a cleanser of the entire system. Water cross will also neutralize chalk in the blood, which limy matter is the great cause of the aging and stiffening of the fibers.

Hasty Dressing.

Never boast that you can dress in five minutes. No woman who has any respect for her appearance will attempt to dress in double that time. It is true in dressing, as in everything else, that where there is great haste there is little speed. It is particularly trying for any woman to dress in a hurry. She gets hurried and in her attempt to put

FOUR ATTRACTIVE COSTUMES.



These attractive designs may be made up in cloth, silk or voile, and are so simple that they can be readily fashioned at home. The first model to the left is in a soft shade of China blue silk or voile, with dyed elony lace the same color as the frock for trimming. The tiny lobe and the long, mittenlike sleeves are of dotted net and tulle made over chiffon. The hat is of lace, with large velvet bows of the same color as the gown. The second model is in soft brown cloth or cashmere, with deep yellow lace and hand embroidery on the bodice as trimming. The embroidery is carried out in the same tones as the gown. The tiny buttons are of gilt. The black velvet hat is adorned with yellow plumes.

The third illustration would make up beautifully in any of the soft, clinging materials. The one sketched was in deep claret crepe de chine. The skirt was perfectly plain. The yoke and sleeves were outlined with velvet ribbon, one inch in width, and were of the same color as the frock. The yoke was a combination of Irish lace and net, with the sleeves made entirely of net. The last sketch is particularly good for a cloth gown. It would be very artistic worked out in one of the new prune shades or one of the new greens. The buttons should be of the cloth, with valenciennes lace used on the ruffles adorning the blouse and sleeves. A hat in smoke-gray would be very smart for wear with it.

In cold, tends to toughen the skin and keep it smooth. For cheek wrinkles sleep on a small hair pillow. Massage with a good cold cream is also helpful.

Raised the Age.

There is joy for the bachelor girl in the thought that the novelist of the day has nothing more to do with the girl of 18 as a heroine. Twenty-five, and even 35, is not a forlorn hope by any means, most of the modern heroines having arrived at that age. Anthony Hope, Robert Hichens, Elizabeth Robins, Elinor Glyn, all of them have raised the age of the interesting female, who at 35 now holds her own with the man of 40.

Keep Your Figure.

Are you reducing? Many women are. That they may do much to reduce their weight and improve the figure there is no doubt, but they must be willing to work long and persistently. To lose flesh rapidly can only be done at the cost of sacrificing physical strength.

It is through sitting properly, exercising and eating, or rather avoiding certain kinds of food, that one may reduce weight, and the effort should begin by learning to sit so that the hips will not be too much enlarged and the abdomen disproportionately developed. Sit back so far on any chair that the

tom of the skirt, are a favorite trimming and give long, graceful lines to the figure.

The eleven-gored skirt is well suited to stout women, since the numerous gores have a tendency to lessen the appearance of large hips.

Striped effects are seen in all kinds of fur garments. Black and brown, brown and white, black and white, gray and black, or even a piece with three colors is seen.

The large sleeves are a distinguishing feature of this season's garments. Many of the new fur coats are trimmed with brand and have collars of Spanish lace over satin.

The hair is dressed high, and the coils brought rather far to the front to accommodate the newest hair comb, which is rather large and circular and fits rather jauntily to the top of the head.

Louis XIII. coats of royal blue velvet with small gathers near the waist line and slashed skirt parts held together over the gown skirt with brandenbourgs are the latest cry for handsome carriage wraps.

New guimpes are of many sorts. One of the favorites is the old-time one that is gathered like a child's. Guimpes of this kind are often made of gold net with upper shallow yokes of lace. The

in pins sticks her fingers and probably stains her blouse with blood. Buttons come off, laces break, gloves and veils cannot be found. When at last she is ready she is conscious of appearing her worst instead of at her best. The five-minute dressing habit is one that the carefully dressed woman will never indulge in.



The newest hats show an immense velvet pompon on the front of the hat and it is outlined on both sides with large fluffy ostrich plumes. This style gives the head-dress an evenly balanced appearance.

A white felt hat with the brim slightly raised on the left side is trimmed with three white plumes falling at the back and left side. A bandeau of turquoise is noticeable on the left side, and the high crown is banded with velvet, piped with turquoise. A large turquoise hatpin is the only ornament.

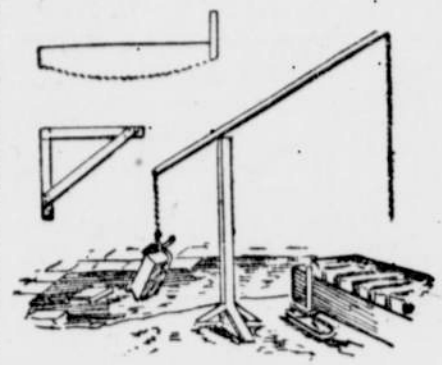


Ice Harvesting.

Every year the use of ice increases. It is not merely a luxury, but becomes a necessity as soon as its value is known by experience. Ice in the dairy is almost indispensable for holding milk and cream at a proper temperature.

Ice should be cut with a saw into blocks of regular size, so that they will pack solidly into the ice house without leaving spaces between them. A regular cross-cut saw with one handle removed will answer the purpose.

The ice derrick is convenient and safer to use for lifting the cakes from the water and hoisting into the wag-



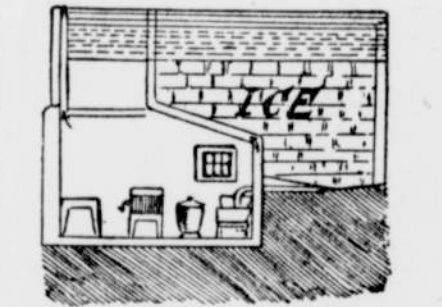
ICE DERRICK.

on or sleigh box. Use two strong white oak poles to make the derrick and sweep. The upright, B, may be cut from any strong piece of lumber, or made up by spiking together two pieces of 2x4 studding. It should be 12 to 15 feet long and well braced at the base, as shown in the sketch. The bottom should be smooth in order to slide freely over the ice.

The sweep, C, should be about 16 feet long, or over, with a rope attached to each end. The sweep is pivoted on top of the upright, B, from one-quarter to one-third projecting over, where the ice tongs are attached. The remaining portion, with the rope, D, attached gives plenty of leverage for lifting the heavy cakes.

After a "season" of cutting ice, the two men proceed to lift out and load up. One seizes the tongs and catches onto the floating cakes, while the other man presides at the rope, D. The sleigh should be in the handiest position to swing the sweep around and land the cake of ice into the box.

The combination style of ice-house represented in the illustration is not the best for all purposes, yet has some features to recommend it. The sides of the building are nine feet above the ground and the height of the dairy seven feet. The outside walls of the ice-house are made of two-inch planks, ten inches wide, set upright, with inch and a half planks nailed on the inside. They are weather boarded on the out-



COMBINED DAIRY AND ICE HOUSE.

side and filled with spent tan bark or other dry non-conducting material. The partition wall between the dairy and the ice-house and between the cool room and the ice-house is half the thickness, and not filled, thus forming closed air spaces between the studs.—Montreal Star.

Profits in Pork.

Why do not the farmers put up more of their pork, cure it and sell it in the summer? This would bring more profit than marketing the hog to the butcher.

The American Agriculturist has made a careful estimate of the waste in slaughtering hogs at home, which shows facts that will be profitable to the pork raiser. Take a hog weighing at home 200 pounds, on a basis of a 5-cent market, live weight. Its value is \$10. If fat, the hog loses about 20 per cent, or 40 pounds, leaving 160 pounds edible portion. Approximately the dressing will be: Two hams, 30 pounds; two shoulders, 24 pounds; four strips bacon, 28 pounds; spare ribs, head, feet and backbone, 35 pounds, leaving about 45 pounds for sausage and lard. The meats to be smoked will increase about 10 per cent in weight in the pickle, but lose about the same as the dressing weight. The following are very conservative prices for a country-dressed hog: Thirty pounds ham, at 14 cents, \$4.20; 28 pounds bacon, at 15 cents, \$4.20; 24 pounds shoulder, at 9 cents, \$2.16; 45 pounds lard or sausage, at 12 1/2 cents, \$5.60; 25 pounds backbone, spare ribs, etc., at 6 cents, \$1.50; soap fat, about 25 cents; total, \$17.91; cost of hog, \$10; profit, \$7.91.

Farmer Should Advertise.

The average farmer is too backward about advertising his products. One's county paper ought to be used more as an advertising medium. It helps the editor and publisher to make a better paper, and this in itself is good for a community, while the advertising, if one has good stock or seeds or anything of the kind to offer, will certainly pay.

How to Dress and Ship Poultry.

Birds that are to be marketed should be plucked ten days before killing and well fed. Withhold all food for twenty-four hours previous to killing, but give plenty of clean water. Full crops insure the appearance and are liable to sour, and when this does occur correspondingly lower prices must be accepted than obtainable for choice stock.

Kill by bleeding in the mouth, hang the bird by the feet until properly bled. Leave head and feet on and do not remove intestines or crop. For scalding fowls, the water should be as near the boiling point as possible without boiling—160 to 175 degrees Fahrenheit; pluck the legs dry before scalding; hold by the head and legs and immerse and lift up and down five or six times; if the head is immersed it turns the color of the comb and gives the eyes a shrunken appearance, which causes dealers to look on them with suspicion; the feathers and pin feathers should then be removed immediately, while the body is warm, very cleanly and without breaking the skin; then "plump" by dipping ten seconds in water, nearly or quite boiling, and then immediately into ice-cold water. The shaping of poultry is a very important point and well worth the extra trouble. The bird should be laid on its back on a table; the legs are drawn up against the sides of the breast, as though the bird were roosting; the wings are also folded against the body. Then, while in this position, a damp cloth is wrapped tightly about the carcass and fastened. Leave on a board to drain until the animal heat is all out of the body. Pack in boxes holding about 100 pounds and lined with manilla or straw paper. Be sure to pack snugly, so as to prevent moving about in any way.

Turkeys should be handled in the same way, except that they should always be dry-picked.—E. K. P., in Country Gentleman.

Berry Culture.

An authority says that on an acre of rich, cultivated land \$500 worth of berries may be grown, and that an acre should produce at the rate of 200 bushels.

Causes for a short crop may be laid at the door of land deficient in fertility or plant food. Such land should have composted manure applied and turned under and top dress. Ashes should also be broadcast. Another reason is improper preparation of the soil. Plow deeply and harrow until fine, light and mellow. Again, there is a poor crop when varieties are planted that are not adapted to that particular kind of soil and climate. This can be determined either by the success of neighboring farmers of that locality, or by testing a limited number of plants. Failure often comes from setting poor plants; only hardy, vigorous plants should be purchased. Carelessly setting out plants will also cause a shortage. They should not be exposed to the sun or wind before setting. When put out the roots should be well spread and fine dirt firmed around them.

Using imperfect fertilizers is another cause. There is a sex in plants. Pistillates (female) must have stimulants (male) set with them to insure good crops. Cultivation must not be neglected. The ground at all times must be fine, mellow and free from weeds.

Both frost and drought are enemies of a good crop, and the most difficult to overcome. Berry fields well cultivated are several degrees warmer than uncultivated fields, therefore less liable to damage by frost. Retain mulching as late as possible on strawberries in spring.

Selecting Dairy Cows.

While there may be no infallible rule by which a man can be governed in selecting a high-class dairy cow, there are many points that will assist and if carefully considered will prevent disappointment as a rule. Remember that a cow is a machine and is intended to change the different products on which she is fed into something of more value. There are two distinct types of these machines. One manufactures or converts feed into beef; the other into milk. There is a very decided and pronounced difference in the type of the animal that makes beef and the one which manufactures milk. In the dairy type we have an animal that is angular, thin, somewhat loose-jointed and with prominent bones. She is wedge-shaped from the front, with a lean head, moderately long face slightly dished and a general contented expression of the features. The muzzle is large, mouth large, nostrils wide and open, a clear, full bright eye, a broad, full and high forehead, ears medium size, fine texture, covered with fine hair and orange yellow inside. The neck is thin, moderately long, with little or no dewlap, and the throat is clean. Wide space between the jaws, the withers lean and sharp, the shoulders lean and oblique and the chest deep and wide, which indicates vigor and constitution.—Field and Farm.

Anthrax and Earth Worms.

From recent experiments it is certain that earth worms are responsible for conveying the spores and anthrax from various buried carcasses to the surface of the earth and thus bringing about a reinfection. This process of reinfection was urged by M. Louis Pasteur, but without success.

Crop Rotation.

There are some crops that will not follow each other, nor will they follow certain other crops, while, on the other hand, there are some that will grow year after year on the same land and also follow any other crop.

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