

FOR THE HOUSEWIFE

Adhesive Plaster.

Though adhesive plaster is common in almost every household, comparatively few women know how to use it to the best advantage. Many make the mistake of putting it directly over the entire surface of a wound or cut, which is bad, for unless a certain amount of air circulates about the sore it will not heal readily. The correct way of applying adhesive plaster is to cut it into narrow strips from a sixteenth to an eighth of an inch in width, though the dimensions, both in length and crossways, must be determined by the size of the cut. These are put smoothly across wounds at intervals of an eighth of an inch or less to bring the surfaces together. Before using adhesive plaster the flesh surrounding the wound and the raw part itself must be thoroughly cleaned with an antiseptic soap and carefully dried with surgically clean gauze.

Dishwashing Made Easy.

The chief things required to make dishwashing a pleasure are care, order, plenty of good hot water and a stack of dry tea towels, two dishcloths and a large enamel dishpan. The dishes, when removed from the table, must have each of its kind put together. Put all the cooking utensils on the range and fill them with water until the time comes to clean them.

Have a receptacle in which to place all the scraps that come from the dishes, plates, etc. The most important thing is to have plenty of hot water—not merely warm, but hot—and use some good soap in the water to make your work. It cleans the greasy metal dishes and plates twice as quickly. Have your mops with handles for deep mouthed jugs and have nice dishcloths made of cheesecloth.

Chair and Crib Combined.

The crib and the high chair are two of the necessities of every household in which are young children. To combine the two in one piece of furniture is a recent invention of two California cabinetmakers. Besides serving the two purposes equally well, the appearance has not been slighted in the least, the combination being attractive rather than cumbersome. In the illustration it is shown in the position of a high chair, rollers being attached to the end frame. To convert the high chair into a crib it is only necessary to change the position, the rockers at the back of the high chair serving the same purpose as rockers on an ordinary crib. The seat in the high chair is readily removed and the necessary pillows and coverings inserted.



AS A HIGH CHAIR.

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To Cook Vegetables.

Underground vegetables, roots and tubers and also vegetables whose stalk is edible should be cooked in unsalted water, as salt tends to toughen their woody fiber. Soft water, or, it is to be preferred to hard for cooking vegetables of that nature. Demonstrate this fact to your own satisfaction by cooking white turnips both ways. In the one case they will come out mealy and delectable; in the other—that is, cooked in salted water—they become hard, coarse and highly indigestible.

Treatment For Sprains.

A sprained wrist or ankle should be bathed in hot water or vinegar and water and a damp, cold rag after wrapped loosely around the injured part and the whole covered with a piece of rubber or oiled silk. A very hot bran or bread poultice applied at once will often prevent swelling and pain. The patient should be kept perfectly quiet, as sprains require no such rest as a broken limb. Cold salt and water douches also do good.

To Remove Rust Stains.

In removing rust stains by a solution of oxalic acid, or chlorinated soda, or javelle water, or any one of half a dozen detergives. Whatever you use, do not fail to rinse the article treated in pure water within ten minutes after application of the detergent. Then dry it in the hot sun and keep it wet with lemon juice for seven or eight hours. Soak all night and wash in the usual way.

Steaming Brown Bread.

Instead of steaming brown bread on the stove put the bread in a pan, place that in a large tall half full of water, cover tightly, steam in the oven over four or five hours. Have a moderate fire. This saves steam from going off over the house; also from filling up the kettle every few minutes, as you never have to look at it at all.

A Good Silver Polish.

A cheap and simple way of brightening dull silver is to let it lie all night in lipped milk. A brisk wash next day in hot water is all that is needed after the milk bath.

COTTAGE GROVE'S MAIL TRAINS

Southbound	
Train No. 11	5:58 p. m.
Train No. 17	10:20 p. m.
Train No. 13	1:26 a. m.
Northbound	
Train No. 16	1:53 p. m.
Train No. 14	5:10 a. m.
Train No. 11	5:23 p. m.
Train No. 12	10:43 a. m.

No. 12 closed, pouch to Portland only.

MARKET REPORT.

PRODUCE
(Prices quoted are retail.)

Butter, country	30c
Butter, cooking	25c
Butter, creamery, lb	37 1/2c
Butter fat	34c
Eggs	35c
Chickens	7 1/2c
Onions, cwt.	\$3.00
Apples, bushel, according to quality	90c
Clittem Bark, old	5c
Mohair	29 1/2c
Hides, green	4c
Salt Hides, dry	5c
Potatoes	\$1.25
Cabbage, cwt.	\$1.50
Turkeys, cwt.	\$1.50
Carrots, cwt.	\$1.50
Parsnips, cwt.	\$2.00

GRAIN, OATS, ETC.

(Retail prices are quoted.)

Wheat, bushel	\$0.90
Wheat and vetch, chopped ton	\$32.00
Oats, bushel	45c
Bran, ton	\$21.00
Clean wheat chop, ton	\$33.00
Oats and vetch, chopped, ton	\$25.00
Mixed, ton	\$24.00
Stearia, ton	\$28.00
Flour, valley, cwt	\$2.20
Flour (hard wheat, cwt	\$2.65
Roll'd barley, per 75lb sack	\$1.10
Roll'd barley, standard, sack	\$1.00
Hay, bal'd, 99a	\$13.00

MEAT & STOCK MARKET.

Cows	2 1/2
Sheep	40
Veal, dressed	5 to 6c
Hogs, dressed	6c

Lodge Directory.

REBEKAHS—Cottage Grove, No. 21, Meetings 1st, 3rd, and 5th, Friday of every month.
 LETA BAKER, N. G.
 KATH D. YEATCH, Sec.

ROYAL NEIGHBORS—Meet 2nd and 4th Wednesday of each month.
 Mrs. MARY BAKER ORACLE.
 Mrs. C. W. WALLACE, Rec.

W. O. W.—Bohemian Camp, No. 289, Meets every Friday evening.
 L. W. BAKER, Consul Com.
 CHAS. VAN DENBURG, Clerk.

K. O. T. M.—Unseaside Camp No. 289, Meets every Thursday night.
 O. H. YEATCH, Com.
 R. K. DENNIS, Cooter.

L. O. O. F.—Cottage Grove, No. 68, Meets every Saturday night.
 GEO. COMER, N. G.
 A. BREWER, Sec.

M. W. of A.—Meetings 1st and 3rd Monday in each month.
 A. S. PARKER, Consul.
 C. W. WALLACE, Clerk.

M. B. A.—Modern Brotherhood of America. Meet the 2d and 4th Tuesday of each month at I. O. O. F. Hall.
 T. W. JENKINS, Sec.

W. O. W.—St. Valentine Circle 121, Meets 1st and 3rd Tuesday in each month in W. O. W. Hall.
 ELORA J. MILLER, Clerk.

Foresters of America—Meet every Monday evening.
 C. C. COFFMAN, C. R.
 BEN SANDFORD, F. S.

A. E. & A. M.—Cottage Grove, No. 51, Meetings 1st and 3rd Wednesday of each month.
 OLIVER YEATCH, W. M.
 D. E. WOODLEY, Sec.

G. A. R.—Appomattox Post No. 31, Meets at 1 p. m., on the 2d and 4th Saturday of each month.
 DA D. L. WOODS, P. C.
 H. W. REYNOLDS, Adj.

L. O. T. M.—Lady Lamson Hive, No. 42, Meets 2d and 4th Friday of each month.
 Mrs. MARY SCHEMYE, L. C.
 Mrs. LENA SANDFORD, R. K.

O. E. S.—Cottage Grove Chapter No. 1, Meetings held on 2d and 4th Friday of each month.
 Mrs. ROSENBERG, W. M.
 T. G. WOODRUM, W. P.
 Mrs. MAUDE WHEELER, Sec.

W. R. C.—Appomattox W. R. C. No. 12, Meets at 1 p. m. on the 2d and 4th Saturday of each month.
 MARY DWILEY, Pres.
 E. JENNIE WOODS, Sec.

K. of P.—Juvenile Lodge No. 48, Meets every Wednesday night.
 S. R. PREEN, C. C.
 CHAS. VAN DENBURG, K. of R. & S.

At the Churches

Methodist Episcopal Church, Rev. S. M. Nickle, Pastor. Preaching services at 11 a. m. and 7:30 p. m. Sunday School, 10 a. m. Epworth League, 6:30 p. m. Prayer meeting Thursday evening at 7:30. All are cordially invited to be present.

Christian Science services held over Allison's Barber shop every Sunday morning at 11 o'clock and Wednesday evening at 8 o'clock.

Christian Church, Rev. W. A. Elkins Pastor. Services at 11 in the morning and 7:30 in the evening. Y. P. S. C. E. meeting at 6:30 p. m. Sunday school at 10 o'clock. Intermediate Endeavor Society at 2:30 and Choir practice every Saturday evening at 7:30.

First Presbyterian Church, Pastor Rev. H. L. Nave. Morning service, 11, evening 8, Y. P. S. C. E. 7 p. m. All strangers and sojourners welcome.

Catholic Church—Mass every Sunday morning at 10 o'clock. Vespers and Benediction at 7 o'clock p. m.

Rev. Father Fitzpatrick, pastor.

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Time Table No. 1
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East Bound	and	West Bound
No. 1	and	No. 2
Leave Cottage Grove	at	10:00 a. m.
Arrive Portland	at	12:00 p. m.
Leave Portland	at	1:00 p. m.
Arrive Cottage Grove	at	3:00 p. m.

All outward freight forwarded only at the joint risk of shipper and consignee. Goods may be shipped after the arrival of the train on Mondays, Wednesdays and Fridays for Portland and Oregon. Returning on Tuesdays, Thursdays and Saturdays. Freight will not be received at the O. & S. R. R. Depot after 5 p. m. To insure forwarding on next train freight must be delivered in ample time to permit of it being loaded.

A. B. WOOD, Manager.

Time Table.

In effect Sunday, Nov. 25 12 a m

NORTH BOUND	
No. 16	1:53 a m
No. 18 Cottage Grove Local	5:10 a m
No. 12	11:20 a m
No. 14 New Fast Train	6:13 p m
SOUTH BOUND	
No. 15	1:26 a m
No. 13 New Fast Train	4:30 a m
No. 11	2:55 p m
No. 17 Cottage Grove Local	9:50 p m

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All three one year for \$2.30

The Semi-Weekly Journal, Portland, Or., is a farm newspaper published Tuesday and Friday of each week. It has its own leased wires and its reports of events are the latest and without bias or prejudice. Its market reports are correct for each issue by one whose business it is to do that and nothing else. They are reliable. Its story page, and page of comics are always interesting, and its farm department (soon to be a feature) will contain original articles by special paid writers.

The Pacific Monthly, published at Portland, Or., is the leading magazine of the West. It is beautifully illustrated. Its stories are clean and wholesome and intensely interesting.

The Cottage Grove Leader, is your local paper and you need it to keep in touch with local news and happenings.

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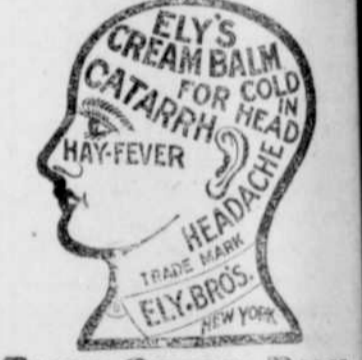
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