

# FOR AND ABOUT WOMEN

## Health and Beauty Hints.

A pinch of salt taken before meals stimulates digestion.

A cup of strong coffee will remove the odor of onions from the breath.

Nervous spasms are usually relieved by dissolving a little salt in the mouth.

Bathing in salt water tones up the skin and gives it a fresh, wholesome color.

For corns take equal parts of lard and quinine; mix thoroughly. Apply at night.

For a sprained ankle the whites of eggs and powdered alum made into plaster is almost a specific.

Hot water is better than cold for bruises. It relieves pain quickly and will prevent discoloration.

One should be cautious about entering a sick room in a state of perspiration, as the moment you become cool your pores absorb.

Stewed rhubarb has a well-known medicinal value; besides being a complexion beautifier, it is said to be valuable for rheumatic troubles.

Eggs are considered one of the best remedies for dysentery; beaten up slightly and swallowed they tend to lessen the inflammation of stomach and intestines.

Getting the digestion into proper order remedies not only poor complexion, but clears the eyes. Yellow eyeballs almost always indicate internal trouble and only internal remedies will improve.

## Red Checks Without Rouge.

If you want to look very pretty and have red cheeks for a dance, you can do this, says the Delineator. Rub cold cream into the face, always with an upward, rotary movement. Wipe that off, rub in more and wipe it off again. Then wash the face with hot water. Then dash cold water over it and dry it thoroughly with a soft towel. To add the final touch take a small piece of ice, cover with a towel and rub gently three or four times over the cheekbones. This gives a color which will last for hours and is really a mild form of Turkish bath for the face. Many ladies before going to dinner use leather sponges, rubbing the cheeks first with warm water, then hot water, and drying thoroughly. This gives a lovely color.

## Conquer the "Blues."

Fight away the thoughts of depression. Ask for light. Go to sleep with the prayer for light on your lips. Everything may change for the better tomorrow. Keep hoping and trying and praying.

There is a place for you in this world. You are needed here, or you would not be here. You are a part of omnipotent power. Go ahead and find your place. You can.

Imbue yourself with the thought that whatever you want must come to you.

Desire is a magnet. Persistent belief in the goodness of God and in your own close relation to Him will make your thoughts magnets.

## Thoughts for the Week.

Burled hopes require a deep grave.

Let us be such as help the life of the future.

That groat is ill-saved that shames its master.

Thoughts are but dreams till their effects are tried.

A good man is one whose goodness is part of himself.

Never trouble another for what you can do yourself.

All is not false which at first seems a lie.—Southey.

By learning to obey you will know how to command.—Solon.

The road to home happiness lies over small stepping stones.

## Shirt Bosom Board.

The best shirt-bosom board is one made of seasoned wood, 1 foot wide, 1 1/4 feet long and 1 inch thick. This should be covered with two or three thicknesses of flannel, drawn tight and well tacked in place. Cover again with cotton flannel drawn very tight, and tack it. Make outside slips of white cotton flannel drawn very tight, and tack it. Make outside slips of white cotton cloth fitted to the board. These slips should be frequently changed.



The German empress is an excellent photographer, landscapes being her specialty.

More than 250 women are employed in the United States postoffice as rural letter carriers and nearly 1,000 act as substitutes.

The Queen of Norway takes a great interest in bookbinding. The collecting of beautifully bound books is one of her hobbies.

In England and Wales nearly a thou-

sand women are serving on the boards of poor law guardians—organizations similar to the overseers of the poor in this country.

Turkish women do not come into the control of their private fortunes after marriage. They can then dispose of one-third of it without the husband's consent.

For the first time in history Chinese lady students are proceeding to various foreign countries to complete their education with western knowledge. Each such student is a graduate of Chinese college.



Skirts envelop the figure very tight from waist to hips, whence they fall in softly supple godets or plaits.

Extremely smart gowns consist of woolen skirts made of tartan, worn with plain cloth or plain velvet jackets.

The shoulder seam in all dresses is disguised by draperies or embroidery and the shoulder line is always dropped.

Drawn or gathered silk and velvet hats are mostly seen for afternoon wear, much trimmed with every imaginable kind of fancy leather.

The square jacket and the plaid skirt in some heavy stuffs, plaids plain brown reds or very dark blues are much worn. With them are shirt blouses and jabots that gather fuller and wider.

The favorite trimming of the moment for simple hats is the ruche scalloped and frayed soft silk. It is

## PRETTY



very pretty idea, but one that is easily copied that it will quickly come too popular.

All the scale of blues seems to be vored at present, old blue, royal blue, peacock, pastel and Natter; the especially are the mode and are replacing the popular violet and purple last season.

Flowers, which had disappeared from the realm of millinery for a few weeks, are again making their appearance; enormous roses of the most likely colors are being used, two or three at the most being sufficient to most cover the crown of a hat.

## Good for Burns.

Equal parts of linseed oil and water mixed and poured over the burn. A cotton or linen cloth may be wrung out of the mixture and laid upon the wound. If this preparation is faithfully used it will be found to remove pain and give a great deal of comfort. Pure glycerine is a most excellent remedy also. When first applied it causes smarting, but this soon ceases and the actual pain from the burn is much relieved. Glycerine is said to favor rapid healing. The sooner it is applied after the accident the quicker good results will be obtained.

## Why People Marry.

There are many reasons why people marry—ambition, desire, selfishness, fascination and a score of others. But there is only one reason why they should marry. The consideration should be: "Can we most help each other in our lives, in our work, in making the best of ourselves?" And this not to be taken to mean the mere keeping of a house, or the providing of one, but mutual service of a far finer and higher kind.

## What Woman Would Vote Against It

The thought comes to us how important it is that we should keep peace with all nations, and what would be the consequence if fire-eating politicians should plunge us into a war with any leading European power; how all these cottages would be deserted and be of little value to those who own

them or to the investors in our sav-

## PACIFIC FISH INDUSTRY.

### Twenty Thousand Pounds Sold Daily in Los Angeles Markets.

The fish industry, extending from Vancouver on the north to San Diego on the south, is one of great importance on the Pacific coast, says the Los Angeles Herald. Locally many thousands of dollars are invested in the business and the product of the sea finds quick sales in Los Angeles and neighboring cities.

Hallbut is regarded as the standard fish, ranging in weight from one to forty pounds and can be had the year round, except during the months of October, November and December.

Barracuda is next in popularity. This product is caught every month in the old year from San Pedro to San Diego. Nets and troll lines are used for catching barracuda and when both methods are adopted the local market becomes glutted with the product. The average weight is five pounds.

Sea bass are caught from Santa Barbara to San Diego. This fish is one of the best products of the sea. Weight from four to fifty pounds.

The red snapper or rock cod is in active demand in the winter season. The fish is caught around Catalina or on "the banks" known to the fishermen. Weight one-half to ten pounds. Sardines are used for bait.

Bonita and yellowtail are fine table fish that are caught in nets and set lines. Bonita, four to eight pounds; yellowtail, six to thirty pounds. Albicore is an oily fish popular with epicures.

Rock bass is a choice fish caught in the kelp; weight one-half to six pounds.

What is known as horse and American mackerel is in the market during the spring months. Mackerel run in schools; are caught with hook and line; weight one-half to three pounds.

The smelt season is from Sept. 1 to Jan. 1, seines being used most successfully. Surf fish, or suckers, croakers or kinfish and perch are among the surf fish. The sandab is caught with hook and line along the coast; herring is caught at San Pedro, San Diego and Santa Barbara from January to March. Herring is fine bait for the professional fisherman.

The pompano is a delicious fish that retails at 40 cents to \$1 a pound. It is one of the choice articles of the menu cards in first-class restaurants. The prong is equally popular.

Codfish, sculpin and other fish are brought to the market.

Lobsters are in the market from Sept. 15 to April 1.

Tuna is a fish caught by sportsmen at Catalina. It is not marketable. The lewis fish are among the heavyweight denizens of the deep at Catalina. Big doling always follow the catch of a 300 or 400-pound jewfish.

Turtles of heavy weight come from the Mexican waters.

Professional fishermen make big money if they have good luck. Their losses are chiefly due to damage to nets and seines by sharks and seals.

## SLAVES IN MASSACHUSETTS.

### Early Church Discussion on Slavery—Dandified Negro Waiter.

The colored "mammy," devoted, loyal and autocratic, one thinks of as belonging to the South and the days before the war, but in the far-away time of slavery in New England she was known there also, says the Youth's Companion. One such mammy, happy and beloved, but despotic, was Violet, the slave of the Rev. Moses Parsons of Byfield, but the real ruler of the household and his lively brood of boys. Her husband, Primus, belonged to their neighbor, Deacon Noyes.

The revolution was scarcely over, but even then in that quiet corner of Massachusetts the anti-slavery spirit was stirring and its first result was to precipitate a violent church quarrel. Deacon Colman had scruples against slavery and he expressed them with vigor and not always with entire respect for his slave-owning pastor. He was suspended; there were meetings, discussions, appeals and denunciations and only at the death of Mr. Parsons was he so far softened as to admit, while yet maintaining his principles, that he had urged them with "undue vehemence and asperity." He was then restored to the church and his office of deacon.

In the neighboring town of Newburyport were a number of slaves and freed slaves, concerning some of whom anecdotes have been handed down to the present day. One negro man, hoeing barefoot in the fields, struck suddenly with his hoe at what he took to be a large toad in impertinently close company with him. It was his own naked big toe, as he learned painfully when he had neatly sliced the top off with the blow.

Another colored man of much higher station and more complete and elegant attire was a dandy waiter employed in the old Wolfe tavern. Noting an especially fine pair of boots owned by one of the patrons, a local magnate, Ebenezer Moseley, he went to the shoemaker to order a pair of the same sort. "Let 'em be jes' like Squire Moseley's," he commanded, magnificently, "only a quarter-dollar better!"

## Mysteries of Scent.

The mysteries of scent will probably never be solved, and it is a matter of everyday observation that, while the trained shooting dog will pass a sitting partridge, a terrier or a fox will find the nest.—London Times.

When a man does try to get a little ahead in this world by saving his money, people say he is "tight."



## Improving Corn.

Realizing that the improvement of corn is a matter of concern to every agricultural practitioner, because of the wide adaptability and general cultivation of the cereal, the Virginia Agricultural Experiment Station has published in a bulletin of nearly 100 pages the results of experiments in that field. In a general introduction the bulletin says:

"Investigations show very clearly that the corn plant is quickly affected by the environment in which it is placed and yields readily to selection, so that the way for improvement is open to all who will make a systematic study of this important crop. The fact that corn crosses so easily has resulted in the development of numberless so-called varieties or strains, and it is manifestly impossible to effect permanent improvement in any of these without first understanding their individual peculiarities and the good and bad points possessed by each.

"Observation leans to the belief that the indiscriminate crossing of plants without first studying them carefully and eliminating the hundreds of undesirable varieties and the thousands of useless individuals is a waste of time, and that more permanent good can be effected by making a basic study of varieties, rejecting all those that do not reach a definite standard, and then proceeding to systematically improve those that seem worthy of extended consideration."

## The Red Spider.

In dealing with that troublesome little pest, the red spider, a really successful remedy is found in some of the liquid tobacco or nicotine extracts, now fairly numerous on the market. They may be used either by vaporization overhead, directly with steam pressure, or by spraying cold dilutions in water. They are rather costly and must be handled with care, as they are particularly deadly internal poison to humans as well as animals, but are effective when used according to directions and little harmful to even the most delicate plants, states Rural New Yorker. This remedy is of course effective on less resistant insects, such as aphids, thrips and scales. It does not promise much as regards white fly or outdoor scales, but we have good remedies for these pests in hydrocyanic gas and soluble oils.

## Hawks and Poultry.

A writer in the Scientific American, declares that he effectually put an end to the depredation of hawks in his poultry yard by fastening an old scythe, ground to a razor edge, with the sharp end down, on a high pole set in the edge of a field near his yards. The hawk, as is their habit, lit on the scythe, grasping it with their claws, with the result that their feet were badly cut. This angered them and they attacked the scythe, literally tooth and toenail, and of course got the worst of it. Every hawk that came along met with a like reception, and within a short time they were either killed or driven away.

## Molasses Cake for Cattle.

The molasses cake used in France as food for cattle consists in the boiling of molasses and working it briskly with mixture of corn flour and bran, when it is pressed into the ordinary form of a cake and packed in bags for sale. The proportions used are one-third molasses, one-third flour, one-third bran. The suburban dairymen claimed that in the use of this molasses cake there are extra yield of milk and an increase in proportion of butter fat. The proper quantity in feeding should be 6 to 10 pounds daily, which is not intended as a basis of food, but as a condiment, and to assist digestion.

## Gain in Fertilizing the Soil.

The soil is the farmer's capital, and he can only keep that capital unimpaired by adding fertility to it. As the fertility decreases, his capital decreases and becomes impaired. Plants and animals are his stock in trade by having the best plants and animals. He can only beat the other fellow in the competition of trade by having a better stock in trade and something that people want and are willing to pay a good price for, because it is a good article. The more fertile his soil, the cheaper he can produce the articles which the people want.

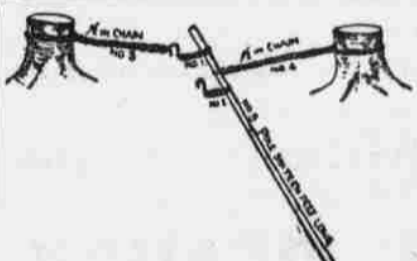
## Stills for Denatured Alcohol.

The French use small stills for the manufacture of perfumes and brandies and an article in Popular Mechanics describing the stills, suggests their use for the manufacture of denatured alcohol on a small scale. Some of these distilling outfits cost only \$20; some are portable (hand-pushed or horse-drawn), and various fuels are used in the several styles of machines.

## Deep Plowing.

The air penetrates as deep as we plow. The deeper we plow the more plant food is prepared by the action of the air and more moisture is carried in the soil to withstand droughts. Deep fall plowing then is a great aid in breaking up the compounds of the soil, in preparing plant food, in storing moisture and in warming the soil for early planting.

**Stump Pulling Device.**  
Here is a sketch of a device which will do good work in the way of removing stumps. It can be operated by a man and a boy if stumps do not exceed six or eight inches in diameter. For larger stumps two men and a boy may be employed. The boy can change the hook at each swing of the pole. In the illustration two short chains (No. 1 and 2) are shown attached to the pole. These are each four feet long with a common grab hook on one end and a round hook or ring at the other end. The longer chains are fixed to the stumps, one of them reaching to the pole, the other to the grab hooks. The pole requires to be 15 or 16 feet

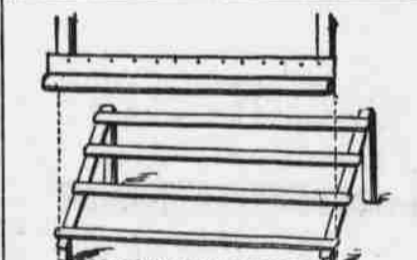


DEVICE FOR PULLING STUMPS.

long and 5 or 6 inches in diameter at the butt. To operate, put chain No. 4 on the biggest stump and have the other end fixed to the pole about 18 or 20 inches from the end. Take chain No. 1 and place it 6 inches nearer the end and chain No. 2 six inches on the other side. Now place chain No. 3 on the stump that is to be pulled and swing the pole as far as possible; attach the grab hook from No. 1 to No. 3 chain; swing the lever (pole) until No. 2 chain can be attached to No. 3. Keep swinging back and forth, changing hoops at every swing until stump is up. For heavier stumping a horse rig on a similar principle may be used, only the chain requires to be heavier and stronger. Make the hooks on No. 1 and 2 with just turn enough to hold on the link of No. 3.

## Protecting Fowls on Roosts.

Naturally the fowls catch cold more readily at night when on the roost than during the day, when they are moving around freely so that protection should always be given them if there is danger in this respect or if the nights are very cold and it is desired to keep all the heat possible among the birds. Place the roosts so that the backs will rest against the wall of the poultry house, then, on the roof of the building a few inches farther from the wall than the lower roost, erect a



PROTECTION FOR FOWLS.

frame to which a curtain can be attached made of any desired material, unbleached muslin, burlap and old carpet being good materials, so that when it is let down it will fall to the ground directly in front of the lower roost. By the use of a strap and a hook at either end a simple plan is had of fastening the curtain in place when it is not in use. The dotted line in the illustration shows where the curtain will fall when dropped and the entire plan is easily seen from the cut and can be readily worked out at small cost.

## Plowing Manure Under.

When coarse stable manure is plowed under and there is moisture enough in the soil and manure to cause its fermentation, it immediately begins to furnish food for crops. It does this all the better in early spring, as the manure under the furrow holds it up and admits warm air from above, which is just what is required to cause active fermentation. The release of ammonia as the manure ferments enriches all the soil above it, as the constant tendency to warm air is to rise. Hence there is good reason for applying manure as top dressing during the winter on land that is to be plowed or hoed for crops in the spring.

## Amount of Seed Required Per Acre.

The amount of seeds required to an acre is estimated as follows: Oats, 3 bushels; barley, 2 bushels; timothy, 6 quarts; tobacco, 2 ounces; bluegrass, 2 bushels; red clover, 8 quarts; redtop, 1 to 2 pecks; millet, one-quarter bushel; orchard grass, 2 quarts; white clover, 4 quarts; buckwheat, one-half bushel; corn, broadcast, 4 bushels; potatoes, 10 to 15 bushels; ruta-bagas, three-fourths pound; mixed lawn grass, one-half bushel; corn, in hills, 4 to 8 quarts; corn, in drills, 2 to 3 bushels; rye, 1 1/2 to 2 bushels; wheat, 1 1/2 to 2 bushels.