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The book is \$1.00, by mail, postpaid.

One of the most interesting chapters—chapter xx, on Nerves and Nerve Tonics—has been printed separately as a sample chapter, and will be sent to any address for stamp by the publishers, The Pacific Pub. Co., Box 2658, San Francisco.

Coast Mail.

MARSHFIELD,

OREGON

TABLE ETIQUETTE.

How to Eat According to the Rules of Good Breeding.

Do not leave your spoon in your tea-cup. Crack the top off your egg instead of peeling it.

If you have bacon or fish, have a separate plate for your bread or toast and butter, but not when only having boiled eggs, which require very careful eating, by the bye, as nothing looks so nasty as yolk of egg spilled all over the plate and egg cup.

Do not sip your tea or coffee with a spoon.

Do not drain the cup. For fish do not use a dessert knife instead of the fish knife. If there be no fish knife, use a small crust of your bread, but leave that piece of crust on your plate. Do not eat it afterward, as so many people do.

Do not be dainty and fringe your plate with bits of meat. Eat what you can and put any skin or bone on the edge of your plate in one little heap, which move down from the edge when you have finished.

Do not crumple up your table napkin. If you are only a guest for the day, do not fold it up, but if you are staying on and in a quiet household fold it up. If you are staying in a big house where everything is done "en grand prince," do not fold it up. Just place it on the table when you leave, as in rich establishments there are clean table napkins every day.

After eating it is well before you drink to wipe your lips, otherwise you leave a smelly mark on the glass.

Do not gulp liquids and bolt food.

Do not masticate or swallow audibly. Do not pile your plate with food or grasp your knife, fork or spoon as if it were a weapon of warfare.

Do not crumble the bread by your side or drain your glass to the last drop.

On the other hand, do not be affected and eat as if an appetite were a crime. Drink as if you were a dicky bird and hold your knife, fork and spoon as if they were red-hot needles.

How to Clean Clothes.

A saturated solution of borax and water rubbed on with a sponge, then followed by clear water, will remove a glaze, the result of wear, from black goods.

Borax is one of the best things for the removal of grease spots from woolen goods. A cleaning mixture of which it forms an important part is made by dissolving one ounce of powdered borax in one quart of boiling water and setting it aside to cool. When quite cold, add one ounce of spirits of camphor, and it is ready for use.

For some cleaning purposes the materials are commonplace articles to be found in every household. A cut raw potato may be turned to good account when you get mud stains on your black dress. The mud should be left to dry before any attempt is made to remove it. Brush it off as thoroughly as you can after it has dried and then if any stains remain rub the cut surface of a raw potato over the spots.

To remove grease spots from silk moisten the spots with chloroform and rub with a cloth till dry.

How to Clean Embossed Leather.

Turpentine is recommended by a woman who has tried it as a satisfactory cleaner for embossed leather. It should be applied with a soft cloth. This removes the stain, but slightly stiffens the leather, which must be made pliable again by rubbing briskly with crude oil. Use a very little oil and go over the piece with a clean cloth upon which there is no oil, as care must be taken to get all the surface grease off to prevent soiling the clothes.

How to Serve Spinach.

After spinach has been cooked till tender set it in the oven to dry for ten minutes. After that cut it up and sprinkle with salt, pepper and a little dry mustard. Now add for each pint a teaspoonful each of oil and vinegar, dropping them in alternately. Stir the spinach well, so that the seasoning may reach every part, and serve on slices of toast. Either poached eggs or sliced hard boiled eggs may be placed on top.

GEMS IN VERSE.

Only a Baby.

Something to live for came to the place,
Something to die for, maybe;
Something to give even sorrow a grace,
And yet it was only a baby!

Crying and laughter and giggles and cries,
Fingering for tenderest kisses,
Clashes of hopes and of raptures and sighs,
A show of tears and of blisses.

Last year, like all years, the rose and the thorn;
This year a wilderness, maybe,
But heaven stamped under the roof on the morn
That it brought there only a baby.
—Harriet Prescott Spofford in Motherhood.

The Farmer's Signs of Rain.

The farmer scans the western sky
And tells his pretty daughter,
"The hay must all be in tonight;
The sun is drawing water."

If a bright rainbow spans the cloud
That comes at early morning,
A storm is near, and sailors are
Admonished to take warning.

A little circle round the moon
Makes sure a change of weather,
So biddeth patiently anon
Each pretty, shining feather.

The mantle leaves with dainty grace
Reveal their silver lining;
The sun retreats behind the cloud
Just at the day's declining.

The horses gallop round the fields
With manes and tails a-flying
And heads erect, with answering neigh,
To distant manes replying.

The robins chirp at eve,
While distant vapors ringling
Seem strangely near and clear and sweet,
Like angel voices singing.

Great heads stand on the silver cap
Filled at the flowing fountain,
And angry clouds hang low and dark
Against the distant mountain.

His Chanticleer crows loud at night;
The tree toad croaks and mutters,
Now white his prophesy of rain
In phantasmic measures utters.

And grandpa says his "pneumatics"
Was never quite so trying,
And every "for corn," aching, sets
His twisted nerves a-tying.

And yet the weather prophets say
That, taking things together,
The very best kind of signs will fail
Sometimes in driest weather.

—Lavilla E. Allen in St. Louis Globe-Democrat.

Extremes.

A little girl not long ago,
When the ground was chill and white with snow,
Put on:

A Tam O'Shanter on her head,
A buff and a pair of mittens red,
A muffler round her chin and throat,
And down to her toes a big, long coat,
For the snow blew here, and the snow blew there,
And into her face and into her hair,
But the little girl beneath the cap
And the mother, mittens, muff and wrap
Said, "I dress like this in a big snowstorm,
For when it is cold I want to be warm!"

But now

This same little girl on a summer day,
When the flowers bloom and the fields are gay,
Put on:

A short white dress with little blue bows,
With her fair pink cheeks like the fair pink rose,
And her curls are tucked on her head with care,
And her dimpled arms and her neck are bare,
And the daisies nod in her hair chains,
And the roses droop for the want of rain,
But this little girl with the ribbon bows
And twinkling eyes where the laughter grows
Says, "I dress like this, and a fan I hold,
For when it is warm I want to be cold!"
—Montrose J. Mims in St. Nicholas.

Three Views of Marriage.

When a modern maiden marries,
In delightful dream she taries;
As her fancy surely shifts
To the thought of wedding gifts,
Every friend who would be pleasant
"Must," she musing, "send a present;
All acquaintances must pay
Tax upon my marriage day.
Fans and furs and rare old lace,
Gold embellished dressing cases,
Rings and brooches, silver mugs,
Entree dishes, carved jugs—
Tables will with these be laden
When I marry," glows the maiden.

When a modern bachelor marries,
In his heart grim fear he carries.
"With," he thinks, "our income small
We don't want such gifts at all.
There's that grand piano—gracious!
That involves a house more spacious;
Then that dressing bag, alas,
That can only go first class!
Silver center dish and cup, too,
How can we such things live up to?
Every present of pretence
Means for me increased expense.
Would that I such gifts could have
When I marry," thinks the man.

When a man and maiden marry,
Hearts of lead their friends all carry;
Custom, as they know, demands
Costly presents at their hands;
Ostentation, too, coerces,
So they empty out their purses,
Fearful lest their names be missed
From the always published list,
But in private, in a passion,
They denounce the sordid fashion,
Crying in most bitter strain:
"Only fancy, deuced again!
Bah! 'Tis an event to dread
When a man and maiden wed."
—London Truth.

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