

NERVOUS HEADACHE.

The ordinary nervous headache will be greatly relieved, and in many cases entirely cured, by removing the waist of one's dress knitting, the hair high up on the head out of the way, and, while leaning over a basin, placing a sponge soaked in water as hot as it can be borne on the back of the neck. Repeat this many times, also applying the sponge behind the ears, and the strained muscles and nerves that have caused so much misery will be felt to relax and smooth themselves out deliciously, and very frequently the pain promptly vanishes in consequence. Every woman knows the aching face and neck generally brought home from a hard day's shopping, or from a long round of calls and afternoon teas. She regards with intense dissatisfaction the heavy lines drawn around her eyes and mouth by the long strain on her facial muscles, and when she must carry that worn countenance to some dinner party or evening's amusement, it robs her of all the pleasure to be had in it.

Cosmetics are not the cure, nor bromides, nor the many nerve sedatives to be had at the drug shop. Use the sponge and hot water again, bathing the face in water as hot as it can possibly be borne; apply the sponge over and over again to the temples, throat and behind the ears, where most of the nerves and muscles of the head center, and then bathe the face in water running cold from the faucet. Color and smoothness of outline come back to the face, an astonishing freshness and comfort is the result, and if a nap of ten minutes can follow, every trace of fatigue will vanish.

The same remedy is invaluable for sunburn, and the worst case of this latter affliction of sensitive skins will succumb to the hot-water treatment. The cold douche should not be allowed in this case; instead, a light application of vaseline or cold cream, which prevents peeling of the skin as the hot water prevented inflammation. Nothing so good for tired eyes has yet been discovered as bathing them in hot water, and neuralgia in nine cases out of ten will yield to applications of cloths wrung out in hot water in which the hand cannot be borne.—Harper's Bazar.

HINTS TO HOUSEKEEPERS.

To prevent that shine to the skin with which so many are annoyed, especially in warm weather, use a little camphor in the water when bathing the face.

There will be few persons who will ever take the trouble, as they ought, to free out their shoes when not in use, no matter how costly they are. The next best thing, which also costs a little trouble, is to button up a fine shoe when putting it aside, in order to keep the upper from getting out of form.

A picture-frame embroidered in Louis XIV. ribbon on pale ecru satin, which is the shade of white satin turned yellow with age, and in the new oval shape; a pretty traveling case of white linen bound in golden-brown braid, or a comb and brush case of the same material, or a dainty pin-cushion, are all presents which would probably be acceptable to any young lady.

A round bolster now takes the place of the large ornamental pillows. The bolster is stuffed firmly and dressed in cretonne, or whatever the bed covering is made from, if possible.

It is considered very bad form to wear jewels around the neck.

Save your apple paring in a cool place until you have a quantity worth the while, cover with water, and boil briskly for an hour; strain, add half the quantity of sugar, and boil gently for a couple of hours, and a good apple jelly will be the result. Or, if you put the parings in a jug with a little water, and put in a warm place, they will make fair vinegar.

To set delicate colors in embroidered handkerchiefs soak them ten minutes before washing in a pail of water in which a desiccated turpentine has been stirred.

The prejudice prevails that plants in the sleeping-room are injurious, because they are constantly throwing off carbonic acid. Recent investigations have shown that ill effects are altogether too slight to deserve consideration. If a room is properly ventilated, plants can do no harm, and even if it is not, the quantity of carbonic acid exhaled by them will not materially affect the purity of the air.

The favorite linen for embroidery is of the "old bleach" manufacture. This linen is woven with a firm round thread of a superior quality of flax, and is grass bleached.

To take out spots from wash goods, rub them with yolk of egg before washing.

The best way to fry apples is to halve them, remove core, put some butter in frying-pan and put in the halves the cut side down, then add a little water and let boil dry; then fry.

To clean hair brushes, put a tablespoonful of ammonia into tepid water, dip them up and down until clean, then dry with the bristles down. In place of the ammonia

they may be cleaned by using a teaspoonful of soda.

Ivory may be bleached by placing it for an hour in a solution of alum; then polish it with a piece of woolen and wrap it in linen to dry. Another method is to take peroxide of hydrogen, and to one pint of it add one ounce of aqua-ammonia. Warm it and soak the ivory in it for twenty-four hours; then dry and polish with chalk.

CHEAP WOOD.—Good fir wood delivered to any part of Albany, for only \$3 a cord. Leave orders at F. W. Sparks' lumber yard.

One half dollar reduction on every pair of Ludlow's fine shoes. A good line of them at S. E. Young's.

Keep it in your mind that Allen Bros. propose keeping the kind of groceries the public demands. Their stock is a fine one.

A fine stock of lace curtains for 10 cents to \$10 to suit the customer, at Fortmiller & Irving's.

NEW ADVERTISEMENTS.

ANNUAL MEETING.—Notice is hereby given that the annual meeting of the stockholders of the Albany Building Association will be held at the office of the Albany Electric Light Co., on Broadway street, in Albany, on Monday, March 16, 1891, at 7:30 p. m. for the election of directors, and such other business as may come before the meeting. Dated Feb 29, 1891. N. H. ALLEN, Secretary. W. C. TWIBDALE, President.

TO RENT.—A store room 22x30 feet suitable for business; centrally located. For particulars call at the Biomeca office or on Jan V. Pipe.

NOTICE TO CONTRACTORS.—Contractors and builders desiring to bid on the construction of the new United Presbyterian church building, to be erected at the site of the old building, will find the plans and specifications for the same, at the store of Stewart & Sox. The date of opening bids will be announced hereafter.

MONEY TO LOAN.—In small and large amounts, from six months to five years, on good Albany and Linn county real estate. Call on or address W. E. McPherson, First St., Albany, Or.

STRAYED OR STOLEN, from Wm S. Couch, a bay mare, weighing from 850 to 950, roachbad mane, and white spot on forehead. Any information would be gratefully received. Wm Couch, Albany, Oregon.

HORSES FOR SALE.—One sorrel horse, 9 years old, weight 1400. One grey horse, 8 years old, weight 1100. Also wagon, hack, harness, etc. Will sell for cash or exchange for other property. Call at store opposite Russ house. R. A. FRY.

STOCKHOLDER'S MEETING.

NOTICE IS HEREBY GIVEN THAT the annual meeting of the stockholders of the Albany Street Railway Co. will be held on Wednesday, March 4th, 1891, at the hour of 7 o'clock p. m., of said day, at the office of the secretary of said company, the same being at the real estate office of Burkhardt & Keeney, on First street, in Albany, Oregon, for the purpose of electing seven directors to serve for the term of one year next ensuing from said meeting, and until their successors are elected and qualified, and to transact such other business as may legally come before said meeting. Dated February 19th, 1891. C. G. BURKHART, Secretary.

ANNUAL SCHOOL MEETING.

NOTICE IS HEREBY GIVEN TO the legal voters of school district No. 5, Linn county, Oregon, that the regular annual school meeting of said school district will be held on the first Monday, being the 2nd day of March, 1891, at the hour of 7 o'clock p. m., of said day, at the court house in the city of Albany, Linn county, Oregon, in said district, for the purpose of hearing the reports of the directors and clerk of said district, and to levy a tax for the support of the schools for the ensuing year. Also for the purpose of levying a tax for the purpose of paying interest on the bonds of said school district and the second instalment of the principal of said school bonds, due and payable June 15th, 1891, and for the transaction of any other business that may legally come before the meeting. Dated this 16th day of February, A. D. 1891. C. G. BURKHART, District Clerk. J. K. WEATHERS, Chairman Board of Directors.

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L. E. BLAIN,

During February he will continue to sell Winter Clothing at Greatly Reduced Prices; offering rare bargains.

Some of his Spring Stock, including some fine patterns in Men's Youths' and Boys' suits, have arrived, and are marked low.

A fine line of Boy's, Children's and Men's suits in Albany Woolen Goods, attract attention.

His stock of Shoes and Boots is a leading one, made up of first-class makes. You can save money by buying your foot wear of

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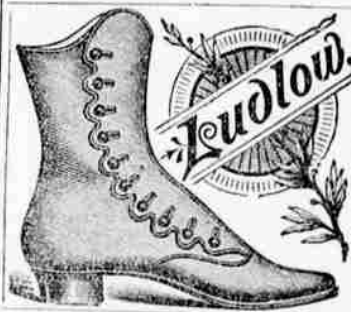
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