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CARE OF THE SKIN.

Some Things That Are Essential to Good Health.

To most persons the skin represents simply the organ of touch, and because it is customary to keep nearly all of its surface concealed its relation to the welfare of the body is overlooked. It has, however, most important functions, such as the casting out of waste matter and the maintenance of an even body temperature, disregard of which may lead to serious disturbances of health.

But aside from its purely physiological purposes the skin is an important influence for or against personal appearance, and its proper care is therefore worthy of consideration from this point of view alone.

Cleanliness is the greatest essential in the care of the skin. For the cleansing bath water as hot as can be borne is best, and a good soap should be freely applied with a moderately stiff brush. If the water is at all hard it is well to soften it by the addition of a little ammonia or borax. A quick sponging of the entire body with cold water should follow in order to cause the pores relaxed by the heat to contract, and the drying should be accomplished by brisk rubbing with a coarse towel.

Although the habitual use of hot water on the face is sometimes condemned on the ground that it tends to favor the relaxation of the skin and produce wrinkles, there is no danger of this if the washing be concluded with cold water.

The sponge is a thing to be avoided, as it is difficult to keep clean and forms a beautiful lurking place for germs. One washcloth should be kept for the face alone, and this should be boiled frequently.

At night it is a good plan to rub a little pure cold cream into the skin of the face and then wipe it off with a piece of soft linen. It is surprising how black the latter will appear when the operation is finished. Cold cream and talcum powder and some of the cosmetics are safe and useful, but other cosmetics do more harm than good.

The development of wrinkles can be retarded, and if present they may be lessened by gentle massage with the finger tips anointed with cold cream. A good general rule is to let the direction of the rubbing be upward and outward.

Above all, it should be remembered that cleanliness, exercise, fresh air, simple food and attention to the digestion are the most important considerations in the care of the skin.—Youth's Companion.

Emma Abbott's Stage Kiss.

The following is a description by Eugene Field of Emma Abbott's stage kiss:

"Aha, that kiss—that long, low, languishing, limpid, liquid, lingering kiss! 'Twas not a tender kiss, nor a studied kiss, nor an artistic kiss, nor a fervent kiss, nor a boisterous kiss, nor a paroxysmal kiss, nor a nervous kiss, nor a fraternal kiss, nor a gingerly kiss, nor a diffuse kiss, nor a concentrated kiss, nor a diffident kiss, nor a popgun kiss—'twas a calm, holy, ecstatic outbreathing of two fond and trusting hearts, an intermingling of two gentle souls sanctified by love, a communion of the intangible by tangible means, a blending of heart with heaven, in which the latter had a manifest preponderance.

Obviously Unintentional.

"Young man," snapped the vinegary faced person on the opposite side of the street car, "I'll thank you not to stare at me, if you please!"

"Pardon me, madam," he said. "No offense was intended. I am so nearsighted I cannot distinguish objects two feet away from me."

"Your apology comes too late, sir."

"Pardon me again, madam," he rejoined, screwing a monocle into his eye and inspecting her features. "It is not so much an apology as an explanation."

Later when she had studied this explanation in all its bearings it was too late to show proper resentment. He had left the car.—Chicago Tribune.

Police Intelligence.

A gentleman one day asked a shoeblick who was cleaning his boots if he ever read the newspapers.

The boy promptly replied: "Oh, yes, sir. I read the paper."

"What do you read, my lad?" asked the gentleman.

"Oh," retorted the boy, "I read the house of commons news, sir."

A policeman standing near, who had heard the conversation, strolled up to the lad when the gentleman had left and said, "Did you ever read the police intelligence?"

"Garn! They ain't got none!" curtly responded the youth.

The policeman keeps a watchful eye on that boy now.—London Globe.

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Holly Chick Food, Lilly's Stock Food, Lilly's Poultry Food, Lilly's Lice Killer, Lilly's Poultry Tonic, Lilly's Garden and Flower Seeds, Rex Spray Solution for Aphids.

The Handy Stump Puller, \$38.00. Stumping Powder \$5.50 per case, Judson \$4.50, Giant XXX Caps. 85c per 100, Waterproof Fuse 75c per 100 ft. Plow Steel Cable, all sizes, and tested Chain.

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O. H. Culver, Resident Agent, Friday Harbor, Wash.

The Late Edward Noble

Mr. Edward Noble died on Saturday, July 28th at 4:00 p. m. at the home of his daughter, Mrs. H. L. Atkins, after an illness of about six weeks. Mr. Noble was born in Elizabethtown, New York, on April 3rd 1823. He was married, at an early age, to Miss Flavia Bostwick, from which union eleven children were born, seven of whom survive him,—five sons and two daughters. His life-mate, the mother of his children, departed this life nineteen years ago.

Mr. Noble was a man of strong integrity, true and upright in his dealings with men. He was a kind and loving husband and father, of whom his children can say, "I never heard him speak a cross word to mother or find any fault with her." He had never accepted Christ as his Savior until during the last days of his illness, when the prayers of his daughters were answered, and he gave evidence of his faith in God, and he is now "Asleep in Jesus" with the assurance of a part in the first resurrection. Almost his last words were, "I am going home" He bore his last illness with remarkable fortitude and patience.

The long and terrible struggle with death lasted fifty-six hours, and when the end came, we could say, "We are glad he is at rest." He is gathered, like the ripened wheat, into the garner of God.

To our dear friends and neighbors we would say words fail us to express our appreciation and thankfulness for the abundance of assistance rendered us, and the kind and tender care given our dear father; also for the beautiful floral offerings at the time of the funeral, which was held at the house, Sunday, at four p. m.

H. L. ATKINS AND FAMILY.
MRS. L. A. ROBERTS.
MISS ROBERTS.
EDD NOBLE.

BIDS WANTED

Sealed bids will be received at the office of the undersigned, clerk of school district No. 9, until 12 o'clock, noon, Monday, August 6, for building a picket fence around the school grounds. The distance is 800 feet. Cedar posts, dressed four sides and charred at least two feet at the bottom, are to be set eight feet apart and two and a half feet in the ground, where possible. Rails to be 2 x 4, fir, sound and dressed four sides. Pickets, two and a half inches wide, to stand upon a water table over a base board ten inches wide. Two gates to be put in and the entire fence to be given two coats of paint—white lead and linseed oil. The board reserves the right to reject any or all bids.

O. H. CULVER, Clerk.

Church Notices

FRIDAY HARBOR PRESBYTERIAN Church, Rev. Robert Irwin, Minister. Union C. E. Society, 7:15 p. m. Preaching 8 p. m. "The Angel Song at Bethlehem, or Christ, the Hope of Both God and Man."

Union Prayer Meeting Thursday, 8 p. m. at the Methodist church.—"God's Relation to Lilies, Birds and Men." Luke 12: 22-34.

SAN JUAN VALLEY Presbyterian Church, Rev. Robert Irwin, Minister. Sunday School 1:30 p. m. Preaching 2:30 p. m.

FRIDAY HARBOR M. E. Church, Rev. C. C. Pratt, Pastor. Sunday School 10 a. m. Preaching in the morning at 11 o'clock by Rev. Robert Irwin of the Presbyterian church. There will be no evening service. Prayer Meeting Thursday Evening at 8 p. m.

J. H. McCormick, the Seattle photographer who has been doing some very fine work in this county, will spend some time on the fishing banks. He wishes to announce that he will be able to make any local views or home portraiture that may be wanted, after he has visited the fish camps. If you contemplate having any work kindly leave your order at the Friday Harbor Drug Store, and Mr. McCormick will attend to it at his earliest convenience. He wishes to concentrate his work as much as possible, as his stay will be short after leaving the banks.

Lucas pure house paints in 1-gal. cans \$1.60. MORSE HARDWARE CO., Bellingham.

Issac Sandwith's barn, on Argyle avenue, filled with hay, was entirely destroyed by fire between ten and eleven o'clock yesterday morning. Cause unknown. Loss about \$250. No insurance.

The Walrod Well Drilling Company finished drilling the Culver-Joubert well Thursday. It is about 108 feet deep and the flow of water, tested by a force pump, with an inch and a quarter pipe, is estimated at over 5000 gallons a day.

NO MAN IS STRONGER THAN HIS STOMACH.

Let the greatest athletes have dyspepsia and his muscles would soon fall. Physical strength is derived from food. If a man has insufficient food he loses strength. If he has no food he dies. Food is converted into nutrition through the stomach and bowels. It depends on the strength of the stomach to what extent food eaten is digested and assimilated. People can die of starvation who have abundant food to eat, when the stomach and its associate organs of digestion and nutrition do not perform their duty. Thus the stomach is really the vital organ of the body. If the stomach is "weak" the body will be weak also, because it is upon the stomach the body relies for its strength. And as the body, considered as a whole, is made up of its several members and organs, so the weakness of the body as a consequence of "weak" stomach will be distributed among the organs which compose the body. If the body is weak because it is ill-nourished that physical weakness will be found in all the organs—heart, liver, kidneys, etc. The liver will be torpid and inactive, giving rise to biliousness, loss of appetite, weak nerves, feeble or irregular action of heart, palpitation, dizziness, headache, backache and kindred disturbances and weaknesses.

Mr. Louis Para of Quebec writes: "For years after my health began to fail, my head grew dizzy, eyes pained me, and my stomach would eat would seem to me heavy like lead on my stomach. The doctor claimed that it was sympathetic trouble due to dyspepsia, and prescribed for me, and although I took their powders regularly yet I felt no better. My wife advised me to try Dr. Pierce's Golden Medical Discovery—and stop taking the doctor's medicine. She bought me a bottle and we soon found that I began to improve, so I kept up the treatment. I took on flesh, my stomach became normal, the digestive organs worked perfectly and I soon began to look like a different person. I can never cease to be grateful for what your medicine has done for me and I certainly give it highest praise."

Don't be wheedled by a penny-grabbing dealer into taking inferior substitutes for Dr. Pierce's medicines, recommended to you for "just as good."

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