

THURSDAY, JULY 14 1892.

## HINTS FOR THE HOUSEWIFE.

Do not let coffee or tea stand in tin.

Sugar is an admirable ingredient in curing meats and fishes.

Lard for pastry should be used as hard as it can be cut with a knife.

Crockery with gilt band or flowers should not be wiped. It should be washed quickly, rinsed and chamed until dry.

To wash doubtful calicoes: Put a teaspoonful of sugar of lead into a pailful of water and soak fifteen minutes before washing.

For choking: If a bone or any substance lodges in the throat swallow as large a piece of the pulp of an orange as possible.

Borax is infinitely preferable for washing clothes to soda, for it injures nothing, and softens, whitens and cleanses thoroughly.

Butter should be kept in a closely covered jar in the refrigerator. It will then retain its sweetness and will not absorb foreign flavors.

Raw beef: Chop fresh lean beef very fine, sprinkle with salt and pepper and put between thin slices of graham or white buttered bread.

Keep salt in a dry place; yeast in wood or glass; fresh lard in tin; vinegar in wood or glass; preserves and jellies in glass; meal and flour in a cool, dry place.

Milk may be given in almost all cases of disease. When it occasions nausea add four teaspoonfuls of lime water to a pint of milk, and give in small quantities.

Hot cakes, breads, etc., should never be covered with a cloth. It matters not how scrupulously clean the cloth may be it imparts an undesirable flavor to them.

To improve the texture of the skin, bathe it before going to bed in very warm water and toilet soap of good quality, rubbing thoroughly with a coarse towel.

To curl tumbled feathers: Hold over the heated top of a range or stove, not near enough to burn; withdraw, shake them out and hold them over again until curled.

Dissolve soda that is to be used in cooking in lukewarm rather than in boiling water, as sometimes directed. Much of the strength is lost when used with boiling water.

Face washes: Powdered borax, one-half ounce; glycerine, one ounce; camphor water, one quart, wash the face with it twice a day. It is excellent for sunburn and tan.

Cooling trays, made of wire netting and supported by short legs, are now sold quite reasonably and will be found quite a convenience for cooling hot breads, biscuits, etc.

The coffee grounds left over from breakfast need not be wasted. Add a cupful of boiling water and cook ten minutes. Strain and when cold use in place of milk in making a plain spice cake.

Cream which is slightly sour may be sweetened and rendered fit for use in tea and coffee by adding a little soda. It is even possible to boil the cream thus treated without fear of its curdling.

Sassafras drink: Take the pith of sassafras boughs, break in small pieces, and let it soak in cold water till the water becomes glutinous. This is good nourishment for weak people and much relished.

Small bits of bread left from meals may be dried in a slow oven and when crisp rolled fine and set away in a covered pail. They are excellent for breading chops, cutlets, etc., or may be converted into a nice pudding with the addition of milk, eggs, sugar and flavoring.

Ripans Tablets relieve colic.

## CHEAP RATES.

The "Santa Fe route" have excursion tickets now on sale at very low rates to Denver, Colorado Springs, Pueblo, Salt Lake City and Ogden, and during the month of July will have low rates to New York City, Saratoga Springs, N. Y.; Helena, Mont., and other points. Call at the ticket office for particulars.

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## SANTA FE ROUTE.

LOCAL TIME CARD.

ARRIVE.	
No. 1. New York Express.....	10:55 a. m.
No. 1. Mexico & Pacific Express.....	7:55 p. m.
No. 3. Southern California Express.....	6:25 p. m.
No. 2. Atlantic Express.....	1:05 a. m.
DEPART.	
No. 4. New York Express.....	11:10 a. m.
No. 1. Mexico & Pacific Express.....	8:20 p. m.
No. 3. Southern California Express.....	6:45 p. m.
No. 2. Atlantic Express.....	1:15 a. m.

## HOT SPRINGS BRANCH.

ARRIVE.	
No. 704. Express.....	10:55 a. m.
No. 706. Mixed.....	6:25 p. m.
No. 705. Express.....	7:55 p. m.
No. 708. Mixed.....	8:55 a. m.
DEPART.	
No. 705. Mixed.....	11:10 a. m.
No. 701. Express.....	8:20 p. m.
No. 703. Mixed.....	6:35 p. m.
No. 707. Mixed.....	9:10 a. m.

## PULLMAN CAR SERVICE.

Trains 1 and 2 have through sleepers between Chicago and San Francisco, also between St. Louis and the City of Mexico. Trains 3 and 4 have through sleepers between Chicago and San Diego via Los Angeles. All trains daily.

D. J. MacDonald, Agent.

## EAST LAS VEGAS POST OFFICE.

WEEK DAYS.

Mail for the East closes at 10:25 a. m. for the South at 5:55 p. m.

General delivery is open from 8 a. m. to 7:30 p. m. Outside door open from 7 a. m. to 8 p. m.

SUNDAYS.

General delivery is open from 10 to 11 a. m., and 7 to 7:30 p. m. Outside doors open 9:30 to 11 a. m.; 6 to 7:30 p. m.

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## LAS VEGAS.

Las Vegas (the meadows), the largest city in New Mexico, is the county seat of San Miguel county, the most populous and wealthy county of the Territory. It is situated in latitude 35 degrees 40 minutes north, on the Gila River, at the eastern base of the Rocky Mountains, at an altitude of about 5,500 feet above sea level. A few miles to the west are the mountains, to the east and southeast a vast plain stretches away and affords a fine stock and agricultural country. It has an enterprising population of between seven and eight thousand people and is growing steadily.

It is situated on a grant of 500,000 acres, of which only a few thousand had a good title, but the legislature has just passed a law which settles the title and will throw the balance of the tract open to settlement.

The town is lit by electric light, has water works, gas, street-car line, telephone exchange, a daily paper, churches, academies, public and private schools, a number of solid banking and financial institutions and mercantile houses, some of which carry stocks of \$250,000, and whose trade extends throughout New Mexico and Arizona. It is the chief commercial town of a vast tributary country, rich in resources, the development of which has just been commenced. West and north of Las Vegas, reaching to the Colorado line, is a mountain and mineral region, covered with forests of pine timber, affording an excellent quality of lumber. Just west of town, one to two miles, is an unlimited supply of the finest red and white sandstone, pronounced by Prof. Hayden the finest in the United States.

The valleys of the mountain streams are very rich and fertile, producing wheat, oats, corn, grass, etc., in abundance. East and south of the town and tributary to it, are the vast and well grained plains and valleys of the Canadian and Pecos rivers and their tributaries, constituting the finest stock region for sheep and cattle in all the west. This great country is already well occupied with prosperous cattle raisers and wool growers, who make Las Vegas their business town and supply point. Building material is excellent, convenient and cheap, and the business houses and residences are handsome, well built and permanent. Las Vegas is, without question, the best built town in New Mexico.

The headquarters of the division of the A. T. & S. F. Railroad extending from La Junta to Albuquerque are located here as well as their preserving works.

Besides its railroad connections it has regular stages east to Gabra Springs, Fort Bascom and Livermore, and the Texas Panhandle; southeast to Anton Chico, Fort Sumner and Roswell; north to Mora via Sapello and Iloicada; northeast with Los Alamos, Gollondrinas and Fort Union. Telephone lines extend to Los Alamos, 12 miles distant, and to Mora, 35 miles via Sapello and Iloicada.

Water is supplied by a gravity system of water works, the water being taken from the river seven miles above the city, and has a pressure of 140 lbs. While so far there are no producing mines very near Las Vegas, the prospecting done has developed the fact that there are some very good prospects here that with proper working, soon pay well. Machinery has lately been purchased by some of them, and, undoubtedly, they will soon be making a regular output.

Five miles northwest of Las Vegas, where the Gila River breaks out of the mountains, are situated the famous Hot Springs. The river here runs from west to east, and the springs are on the south bank, almost central in a natural park, surrounded by pine clad and picturesque mountains. The water of the springs is as clear as crystal, of a high temperature and the mineral constituents are so subtly dissolved and blended as to render it wonderfully beneficial to the human system. In addition and supplementary to the advantages possessed by the mineral water, the climate is one of the finest in the world. The Montezuma hotel there is very commodious, splendidly furnished and the management and tables are all that can be desired, and the accommodation for guests is unsurpassed anywhere. The bath house is large and very complete in all its appointments.

A branch line of the Santa Fe Railroad runs from Las Vegas to the Hot Springs, connecting with all trains. At present round-trip tickets are sold from Kansas City and eastern points to the Hot Springs good for sixty days at greatly reduced rates. About 15 miles above the Hot Springs, at Hermit's Peak, generally called Old Baldy, a detached spur of the Rocky Mountains, is some of the finest scenery in New Mexico. The peak is broken abruptly off on its face, rising almost straight up 300 feet, while on the south side of the mountain the river cuts its through, coming from the top of the range, in a narrow canon over 200 feet deep, rising in some places without a break the entire distance. Good fishing and hunting can be had in the mountains anywhere from 20 to 30 miles of Las Vegas.

The average temperature for the year 1891 taken at the Montezuma Hotel each day was as follows: January, 49 degrees; February, 53; March, 55; April, 60; May, 66; June, 76; July, 78; August, 77; September, 70; October, 62; November, 52; December, 50.

San Miguel is the empire county of New Mexico. It is on the average, one hundred and eighty miles long by ninety-five miles wide, and containing about 4,000,000 acres, embraces within its boundaries rugged and wooded mountains, extensive plains and fertile valleys. Its elevation on the east is about 4000 feet and on the west 12,000. The thirty-fifth parallel of latitude runs centrally through it. It is bounded on the north by Mora County, on the south by Bernalillo and Chavez Counties, and extends from the summit of the main range of mountains on the west to the Texas Panhandle on the east. It is well watered by the Canadian, Pecos, Gila, Sapello and Tecoilo rivers and their tributaries. Between the Sapello and the Gila is the great divide which separates the waters flowing into the Mississippi from those flowing into the Rio Grande. The western portion of the county is mountainous, rising from the plains to the highest range in the Territory, capped with eternal snows. The culmination of the mountains at such a great altitude, two thousand feet, causes a great accumulation of snow, which constantly feeds the mountain streams with pure water, that passes off into and through the valleys below. The Mora, Sapello, Gila, Tecoilo and Pecos streams all have their sources in the same mountains and nearby in the same locality. The precipitation of moisture on the eastern slopes of the mountains by rain and snow is greater than in any other portion of the Territory.

New Mexico is as large as all the New England States together, with New York and New Jersey thrown in. It is about equally divided in grain, agricultural and mining lands. Millions of acres, rich in resources, are waiting to be occupied. It has the precious metals, coal, iron, stock raising, agricultural, horticultural and grape lands, splendid scenery, more sunshine, more even temperature, more exhilarating atmosphere, than any other country on the continent, low taxes and an active home market for all agricultural products.

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References: First National Bank, San Miguel National Bank, Browne & Manzaneros Co., Gross, Blackwell & Co., O. L. Houghton

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## LAS VEGAS

## Hot Springs,

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## A COSTY NOOK IN WINTER



In the states we occasionally have an autumnal day when there is just a tinge of frostiness in the air and a vast sea of sunlight through which the earth exultingly plunges; not a cloud in the sky, scarcely a breath of wind stirring the dust heaps, when effort of mind and muscle has no limit.

In New Mexico—the land of all lands where "it is always afternoon," such days are the rule, not the exception; and no other nook in New Mexico has so delightful a climate at all seasons of the year as Las Vegas Hot Springs. From November to April scarcely a day passes during which the sun does not shine brilliantly and continuously. During the summer months, when lower countries are sweltering in the heat, there is the same genial warmth and glow without the enervating effect of excessive humidity. The average mid day winter temperature is from 50 to 60 degrees Fahrenheit. In summer the highest flight of the thermometer rarely exceeds 80 degrees at noon, and the average for that hour is only 75. The altitude (7,000 feet above the sea), the picturesque valley, the high, pine covered mountains, the even temperature, and warm, dry air, combine to make this a favorite resort for tourists and an ideal place for invalids.

Las Vegas Hot Springs is located on the southeastern slope of the Santa Fe range of the Rocky mountains, six miles from the thrifty city of Las Vegas. There are upward of forty hot and cold springs, the water from the best of them being conducted in pipes to a large and handsome bath house of modern construction. Almost all forms of chronic disease yield to the curative effects of these wonderful waters. It is not claimed nor expected that everybody will be made well. It is confidently asserted that where there is anything left to build upon good results almost always follow a thorough course of treatment at the Hot Springs, and some remarkable cures have occurred. Persons who have failed to receive relief elsewhere for rheumatism, catarrh, lung trouble and diseases of the blood are invited to try the great New Mexico sanitarium. Skilled physicians are always in attendance.

A branch line of the Atchison, Topeka & Santa Fe railroad connects the city with the springs. Five daily passenger trains each way render it easy of access from Las Vegas. Telegraph and telephone lines give additional communication with the outside world.

But the chief feature of the place, as de from its pre-eminence as a resort for invalids, is the MONTEZUMA HOTEL, a commodious and massive structure of stone, crowning a slight eminence near the station. It may be doubted by those who know nothing of western push and enterprise but here, in the very heart of old-Spanish-new-America, is the finest watering place hotel west of the Alleghenies. Perhaps there are a few other that are larger—they are not many. Certainly none are more satisfying to the eye or more restful to the tired, dusty, worn-out traveler. Large, handsome rooms, a fine cuisine, a commanding location and a careful catering to the wants of all guests make the Montezuma hotel peculiarly suitable as a stopping place for transcontinental tourists via the Santa Fe route and for all classes of rest, pleasure and health seekers the country over.

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