

SHAPING THE FACE.

THE UGLY LINES CARVED BY ENVY AND DISCONTENT.

Prentice Mulford's Advice to Girls, Both Young and Old—Thoughts Make Faces Pleasing or Repulsive—How Ugliness is Brought On—Think.

You have it in your power, if homely, to make your face pleasing and attractive. If handsome, you have it in your power to keep your beauty up to 40 and beyond it, and to keep growing more attractive. Your face is not shaped by chance. There is a cause for the expression usually found on it. If you are on the pout much of the time; if you are grumbling and growling inside about yourself or somebody else, and you have been so doing for years, your face will wear grumble and growl on it, because what you think most of the time shapes your face. If you are discontented, or envious, or jealous much of the time, discontent, envy and jealousy will carve disagreeable lines on your face. If you are handsome at 17, and growling thought takes up a good deal of your time, your beauty will be more than half gone by 27 or 30.

This fact that the state of mind you mostly keep in shapes not only the face, but the whole body, is nothing new. It is at work all about us. A man or woman who is always growling looks growl all the time, and it is not a pleasing look. Their very expression is a breach of the public peace. A man who thinks he knows it all and can't be told anything new looks it all the time, and when he speaks you can feel his ignorance and conceit in the tones of his voice. Thoughts make faces pleasing or repulsive. They carve lines, put in wrinkles, keep the mouth open as it should not be or keep it shut as it should be, and dye the skin sallow or death color or the pink and white of health. They govern the walk and the way the body is carried. A "sloouch" or a tramp without pride, and in a self respect will have a sloouchy walk, his knees bent and the lower jaws have dropped or drooping. When you are firm and decided about anything there is a natural tendency for the mouth to close firmly and the lips to be pressed together. Then the mouth and whole lower part of the face grow into that expression of firmness.

If you are in mind bright and cheerful, making the best of everything, willing to please others, but not too "ready" to them; if you want to do the "square thing" by everybody, and want also and insist on having the "square thing" done by yourself, your face will take on an expression in accordance with that kind of permanent thought, and it will not be an unpleasant one. And expression is four-fifths of beauty.

There are handsome faces the same all the year round. That's the trouble. They never change. Be they on man or woman, there is not enough brains inside to make them change.

It is mind that rules and sways and pleases and fascinates, and does so in life. The more face will hold but a short time if it has no change of expression. It is as natural to like change of expression in the face as it is to like changes of fashion in dress. And as it is natural, it is right in both cases.

I am telling you that your daily thoughts are not fog nor air nor myths. They are forces. They are things as real as things you see and as you think them. They can increase your good looks or decrease them. They can make you fortunate or unfortunate in life or business. They can make you sick or well. "No," say you. If I were to tell you at 10 o'clock to-morrow morning that the building you are working in is to be blown up by dynamite in an hour, and that you must stay there and be blown up with it, would your face during that hour have on it the expression it would wear at your wedding? If you found out that the girl next you had caught the smallpox would not that knowledge and the fear coming of it change the expression of your face? If you should be kept in that fear and anxiety a whole year would not your face grow permanently into such expression? Now, when you are worrying over anything for hours or weeks you are setting to work a similar power to make your face look wrothy.

I see sometimes in the street a really pretty girl, or one who would be very nice, not so much spoiled and being spoiled more and more by the peevish and discontented state of mind she is in—a girl who looks as if she had just got off some "hard words" with her mother or sister, or somebody else, and is still going through with it all, and giving them all a piece of her mind. But keeping this up does her a great deal of harm. It is bringing on ugliness. It weakens the stomach. It sours the blood. It drives the best people from her. It attracts and brings the worst. It ruins the complexion.

You may not take much stock in these ideas just now, but you will in time. You will think more of them three months hence. You will think of them still more a year hence. You can't help thinking of them, because these are live truths, and anything that's alive grows. And as you think of them you will almost unconsciously act them and be all the better and healthier and the handsomer for it. You needn't mind what the older folks may say about this. Some of them are past their time for learning anything new. You are not and never should be.—Prentice Mulford in New York Star.

Gen. Sheridan and the Private. Now I want to say to you, comrades, this, that I am indebted to the private in the ranks for all this credit that has come to me. He was the man who did the fighting, and the man who carried the musket is the greatest hero of the war, in my opinion. I was nothing but an agent. I knew how to take care of men. I knew what a soldier was worth, and I knew how to study the country so as to put him in right. I knew how to put him in a battle when one occurred, but I was simply the agent to take care of him, and he did the work. Now, comrades, these are common sense things, and I can't say them in very flowery language, but they are true nevertheless, and they are true not of me alone but of everybody else. It is to the common soldier that we are indebted to any credit that came to us. I often laid awake planning for my soldiers' welfare, and I never killed a man unnecessarily. One great trouble with men who command troops is that they kill men unnecessarily. You may kill as many men as you choose if you give them an equivalent for the loss. Men do not like to be killed for nothing; they do not like to have their heads rammed against a stone wall unless for some good result. These are the points I made during the war. Whenever I took men into a battle I gave them victory as the result of the engagement, and that was always satisfactory.—Gen. Phil Sheridan's Address in 1880.

A layer of leather in the iron holder makes it cooler to use.

REMODELING SILK HATS.

A Hatter's Chat with a Reporter—Dressing a Hat—The Styles.

"Silk hats! Yes, everybody, almost, is getting to wear a silk occasionally, if not regularly. It is the cheapest hat a man can wear, anyway." So remarked an experienced Nassau street hatter the other day.

"How so?" "Why, because a silk only costs from \$5 up, but little more than a first class Derby or soft felt, and it will outlast three of either. You can ruff up a silk into almost any degree of unrecognized respectability, and for 25 cents, or 50 cents at most, it can, if it was a good hat originally, be restored to almost its original elegance. A good silk hat will last a full season if it is not mashed or wet by some accident, and at the end of that time will retain a fair degree of respectability in appearance. A silk hat never fades, but constant exposure to rain and dust will in time dim its luster. That, however, is easily repaired by washing and ironing. If the frame is broken of course the hat must be 'blocked.' Ironing and blocking are different matters. Now I can have that hat of yours ironed while you wait, but to have it blocked would take two hours.

"Watch that hat being ironed. See, the iron is already hot. He takes a brush, relieves the nap of the hat from accumulated dust and arrange the silk fibers smoothly and in order. Now he takes that small iron and runs the brim around. See how the dull lusterless surface and the abraded places are smoothed down and how the original shine returns. Now that big smoothing iron comes into play. He holds the hat in his hand and rubs the iron lightly but firmly around the hat in the direction the nap lies. The luster is renewed, battered places are pressed into shape and kept there, and now, with artificial usage and an avoidance of rain, the tile is as good as new, save that it is a little off in shape. The styles, changing from year to year, consist in a looser or tighter roll of the brim, more or less concavity to the sides of the crown, variation in the height of the crown and the 'dip' of the brim, and in the width and material of the linings. A very small reduction in the circumference of a hat crown in the middle will make an astonishing difference in the apparent shape of the hat when worn. It is this slight change in shape which makes the wearer of a silk hat a well dressed man, a dandy or a shoddy imitation of a careful and correct dresser. Styles in hats are beginning to repeat, and the man who has an old shape of some years ago is right in style.

"Do many people have hats blocked and ironed?" "Well, I should say they do. Every condition of man—and woman, too—comes in here to get his or her hat blocked to the correct shape and ironed if it has been wet."—New York Mail and Express.

Coffee Culture in Cuba.

Coffee culture is not difficult. It is very profitable. And a coffee plantation in bloom is the most beautiful spot on earth. If a planter decides to begin at the beginning and create his own "finca" or coffee plantation, there is first the selection of ground. This is not difficult, for coffee thrives anywhere in a proper climate and fairly well drained soil. A level surface is not necessary, though usually chosen. Hillside reaches and even hillsides answer admirably. The selection of seed is simply a matter of choice. Seeding is carried on after this fashion. An especially rich bit of ground is chosen where the soil is deep and the bed is made. In this, drills not over one inch deep and about ten inches apart, the coffee beans, stripped of their outer husk, but retaining the second or inner shells, are gently laid and barely covered with loose soil. Some six months are required for germination, sprouting and sufficient progress of the plant to render transplanting successful. Then the young shoots are placed in the almagra or nursery ground from ten to twelve months from seeding. Here they remain under a sufficient amount of cultivation to keep the soil loose and mellow and prevent weeds from collecting, for about two years. They have been set eighteen inches apart, and fully 50 per cent. more in number than will be required have been allowed to grow, so that the most vigorous plants may be selected for permanent use.

When the latter stage is reached the entire plantation, where it is sufficiently level to permit, is laid out in rectangular plots of about 200 yards or 500 feet long and half that width, with canines or roads of from twelve to fifteen feet between the plots. The plants, of coffee trees as they are now become, are set in cross rows about twelve feet from center to center, in each direction. This done, and the roots well set—the roots develop rapidly and profusely, throwing out myriads of fibrous from a great central tap which often reaches a length of ten feet—and your plantation is provided with a coffee orchard which with a fair amount of care and attention will need no removal of trees for from a quarter to half a century, and will increase in yield each year until about the fifteenth year, when the trees may be said to have attained their best bearing age; though many will continue increasing in yield until two score years old.—Edgar L. Wakeman's Cuba Letter.

Methods of City Schools.

In vain have I told you that five hours' daily attention to books, to recitations, to instruction, is all that any growing child can safely endure. "No, no," you cry, "give them more lessons—give them tasks to do at home!" and your children go through the school lives with the shadow of the coming task always falling upon the task just finished. The gentle, obedient, loving and affectionate little ones suffer, while the dear bad boys won't even make an effort, and thrive accordingly. The teacher can sometimes go home with his work finished for the day, the pupil never.

Now, if I will permit this wrong to be perpetrated in the school under my charge, you take your boy away and send him to Mr. Examination Hunter's school; and you take your girl out of Miss Honest's department and send her down to Miss Showoff's school; and then you point with paternal pride to the great load of books your little ones stagger under as a proof of the superior efficiency of those two principals "whom we all respect." Then, when your little girl graduates, and Miss Showoff orders all the graduates to wear white dresses and tea roses and to come in carriages, and to drape their desks in white, you all say: "She has no right to give any such orders, and it ought to be stopped, and"—you get the dresses and the tea roses and the carriage, and you attend the reception; and it is all so beautiful, and the members of the mutual admiration society do speak so meekly—battered honey, as it were—that you are as proud of your daughter as a drum major on parade. And then you go home, and your daughter has typhoid fever or spinal meningitis or some other Latin disease, and you lay the blame on Providence. Who is to blame if the supply of sham education be exactly proportioned to your demand for it?—Cor. Science.

The ravages of a new green bug are causing a steady and increasing decline in coffee production in Ceylon.

PERSONAL PARAGRAPHS.

Newspaper Comments Concerning Men and Women of More or Less Fame.

Lady Londonderry is trying to make green fashionable in London.

Prince Henry, of Russia, was the first German prince who ever sailed round the world.

Mlle. Leblouis is the first woman in Paris to be awarded a diploma of Docteur des Sciences.

Nisson's farewell series at Albert had begun with great success. Her voice is said to be as fine as ever.

Miss Anelie River received \$10,000 from the Lippincotts for her novel, "The Quick and the Dead."

Mrs. Gen. Kilpatrick has soft, dark eyes, raven black hair, olive complexion, and vicious manners.

The Prince of Wales is so ruled with social duties that at times he catenals his servant changes his toilet.

Jean Ingelov gives a dinner three times a week to the sick poor and the discharged convalescents from hospitals.

A temperance paper was recently established at Tokio, Japan, by Miss Asin and Mrs. Tasaki, of the Tokio W. C. T. U.

Mlle. Helene Laroche, a Paris ballet girl, recently drew 200,000 francs in a lottery and donated it to an orphan asylum.

Mrs. Zrelda G. Wallace, who is generally referred to as the mother of Gen. Lew Wallace, is in reality his stepmother. His mother died when he was a boy.

The new Japanese minister at Washington was in 1877 sent to prison for five years for a political offense. During his confinement he translated John Stuart Mill's works on political economy into Japanese.

The first Mrs. Tabor, the divorced wife of the Colorado ex-senator, is living quietly in Denver and is worth nearly a million. She is a shrewd business woman and makes money speculating in stocks and mines.

Mrs. Labouchere, wife of the editor of Truth and member of Parliament, has recently made her debut as a public political speaker in her husband's interests. Mrs. Labouchere was an actress before her marriage, and it was, therefore, no new thing for her to address an audience.

Dr. Annie Pomberger, of Philadelphia, bears the enviable distinction of being the first woman in America who was granted the degree of D. D. S. by a dental college. She looks hardly older than 25, is thoroughly womanly in her ways and earns an annual income of \$6,000 by her profession.

Mrs. Julia Ward Howe apparently did not look upon her marriage as an end of her school days, for since her marriage she has learned to speak French, Italian and modern Greek fluently, and has acquired a profound knowledge of the works of K. M. Hegel, Spinoza, Comte and Fichte.

Sarah Winnemucca, the Indian princess who attended Wellesley college, and under the non de plume of "Bright Eyes" has written some charming frontier stories, is now teaching an Indian school of her own. She reports that she has fifteen or sixteen pupils, and is getting along nicely.

A feature of James Freeman Clarke's life was his correspondence with Margaret Fuller. "From 1829 till 1833," he wrote, "I saw or heard from her almost every day. There was a family connection, and we called each other cousin. She needed a friend, and to me it was like a gift from the gods, an influence like no other."

Gen. Boulanger's mother, who is a Welshwoman, is 84 years of age. She lives quietly at Ville d'Avray. Her famous son is very kind to her and has always shown her a great deal of attention. The old lady's mind began to give way about two years ago, but she is by no means an imbecile. Gen. Boulanger has just sent to her house all the decorations, gifts, pictures, brie-a-brac, etc., which used to adorn his study at Clermont-Ferrand.

Mr. Wilkie Collins is described as one of the most courteous of correspondents. He is always prompt with his reply, and his letters are as gracefully written as his books. No curt laconics and brusque brevities with him; there is good nature in every line, and somehow when we get to the end of his chatty epistles we feel there is less of the usual formalism in his "Believe me, faithfully yours." His letters, which are headed "Gloucester place, Portman square," have a monogram with a quill piercing the letters, which is quite a trademark of its way.

The celebrated John Dunn, who turned himself into a Zulu, and is now one of the ten chiefs of Zululand, has just published a book giving some of his experiences in wild Africa during his thirty years' residence there. Dunn was a big hunter before he became King Cetwayo's right hand man, and the stories he tells of some of his exploits are enough to make our crack shots open their eyes. One morning he bagged twenty-three hippopotami in thirty shots, and during that season 303 of these river horses were victims of his rifle. No wonder big game in Zululand became scarce, with such hunters as John Dunn continually blazing away at every animal worth shooting. Dunn, unlike the other hunters, did not go further afield in pursuit of sport, but settled down, took to politics, married into the best families of the Zulu aristocracy, and today is the most important individual in his adopted country.

Strange Sight in Maine.

Between 9:30 and 10 o'clock the other night a strange sight was observed by several people at Portland, Me. What appeared to be a huge illuminated cloud passed over the houses at a height of about 100 feet. It actually lighted up the street and caused no little amount of wondering among those who observed the phenomenon. One gentleman's curiosity led him to the roof of his house for purposes of investigation. He then found, to his astonishment, that the strange appearance was a large swarm of lightning bugs flying slowly north.—Chicago Herald.

A TERRIBLE ACCOUNT.

SINS WHICH ARE COMMITTED BY THE DYSPLECTIC.

None of Us Entirely Guiltless—Eating in a Hurry—An Eminent Physician's Advice—Give the Stomach a Chance—An Excellent Plan.

There are two mental sins against the stomach, which bring about a terrible running account, the full payment of which often completely ruins us. These are haste and worry. None of us are entirely guiltless in these respects. We tell children that it is "bad manners" to eat fast; we liken them to pigs when they do it; but I have often questioned whether they were half as much to be blamed as either the mother who could not find time to eat her own meal because she was full of care for others, or the father, whose one thought is to swallow his boiling coffee and get through his steak or chop in time to catch the train.

How many homes there are in which breakfast, in reality, a scramble, hurriedly prepared, hurriedly eaten and hurriedly digested; while dinner in the middle of the day, in a house where there are many children, is scarcely less so far as the mother is concerned, and the evening meal finds everybody too tired to care to linger over it, or there are constant calls upon the mother for her attention. This is bad in itself, but it is ten times worse when worry, anxiety, or excitement adds its quota to the disturbance.

Due to their own fault. American women suffer from nervous dyspepsia to a distressing extent; and they very seldom stop to consider how largely it is due to their own fault or indiscretion. Just to the extent to which they hurry and worry they are distinctly blamable; and where is the woman who does neither? Certainly she is rarely found in the working or professional classes. The homes in which peace and quiet reign at meal times, in which food is slowly eaten, and the practice of cheerful conversation persisted in, are few indeed; and still less frequently met with are those in which rest for all who are actively employed precedes or follows the midday meal.

One of our most eminent physicians, whose specialty is disorders of the digestion, told me that he found the most effectual method of relief from dyspepsia was an hour's rest before the heavy meal of the day, and forty minutes' rest after it. There are, of course, but few of our active population who can easily secure so much leisure as this implies, but every one can, in some degree, attain to calmness and quiet before dinner—every one except the cook, or possibly the mistress; and every housekeeper, no matter what her cares, ought to secure a quiet half hour after dinner. Nature is very patient, but there comes a time when she no longer tolerates our ignorance if we persist in disregarding her gentle admonitions. She punishes us heavily at last. Thousands of intelligent people consider it no fault of their own if, after gulping down a hasty and often ill prepared meal, they have recourse to potato or soda for relief from flatulency, or unsteady gait, or nausea from heartburn. It is quite fashionable to be dyspeptic.

QUIET, LEISURE AND CALM.

Let us remember that quiet, leisure and calm are essential to digestion. The scholar who sits at his writing table all the morning, and leaves a treatise to come to dinner, hastily devouring his food while his brain is hard at work over some knotty problem, and returning at once to his theme, is as guilty in this regard as the business man who rushes from counting house or bank, with a thousand cares upon his mind, or the mother who cannot find time to sit down for five minutes before she has to attend to the hungry demands of her family. Each has, in his or her way, sinned against nature, and must pay the penalty, sooner or later, in impaired digestion, nervous irritability and exhaustion. Give the stomach a chance. It is all a matter more or less of habit. Even the overworked employe has his hour for dinner, and at least the mother or housekeeper should exact the same privilege.

It is an excellent plan in family life to keep some light but interesting book for meal times. In one or two families of my acquaintance the practice of reading a short paper or chapter at the breakfast table has an excellent effect, and equally good results follow from a paragraph from Emerson or a good selection from some poet as an interlude during dinner. Two good ends are gained by this. First, the minds of the company are raised above petty details and interests, and, beyond this, the fact of listening to something that calls for effort, and yet is pleasing, is in itself calming. Worry is for the moment, at least, set on one side, anxiety sleeps; and if the dinner can be followed by a short rest half the evils of dyspeptic conditions will vanish. Worry is a prolific cause of suffering, if we come to think of it, and probably the most useless and foolish of all the causes that exist for dyspepsia.—Demorest's Monthly.

Southern Russia's Coal Basins.

An important report from the British consul at Tataroz on the coal industry of southern Russia has just been laid before parliament. The five coal basins of Russia are the Donetz, sub-Moscow, Dombrova (Poland), Ural and Caucasus; of these the first is the one described in the present report. It stretches over a considerable portion of New Russia, between the Don and the Daniper, and includes many extensive seams of bituminous and anthracite coal, but it contains all kinds of coal suitable for manufactures and household purposes. The report goes seratin through six groups of collieries producing different kinds of coal, and describes the mode of working and the results of the more important collieries in each group. There are in all 200 collieries in the Donetz basin, many being thoroughly equipped, but others being wholly unprovided with modern appliances. The recent rapid development of the coal industry in this region is said to owe much to the annual conferences of the representatives of the mining industries. The annual output at present exceeds 1,000,000 tons, of which about 1,200,000 tons are carried by railway; but it is calculated that nearly 3,000,000 tons will be available for transport during the present year, besides the quantity consumed in the neighborhood.—Boston Transcript.

A Hint to Letter Writers.

Last year I had occasion to write, for an absent friend, some very important instructions. I wrote them carefully on a half sheet of note paper, which I then handed to a lady to forward to our distant friend. She also wrote a half sheet, and placed them, side by side, in the envelope. Time passed, and although the lady's letter came to hand, my far more important one did not, and serious consequences followed from the failure to receive it. After the trouble was over it all came to light. Her letter was taken from the envelope and mine was carelessly left in. Moral: When you inclose a number of pieces of paper in an envelope, be careful to envelop them in one outer sheet, so that all must come out together.—"J. E. S." in The Writer.

The Plattsmouth Herald

Is enjoying a Boom in both its DAILY AND WEEKLY EDITIONS.

The Year 1888

Will be one during which the subjects of national interest and importance will be strongly agitated and the election of a President will take place. The people of Cass County who would like to learn of

Political, Commercial and Social Transactions

of this year and would keep apace with the times should

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